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Celebrity Buzz

Lady Gaga shuns Idol judge job
pg 37

Man bitten by smuggling laws

ILLEGAL WILDLIFE An Ontario man prosecuted for smuggling rare rattlesnakes has been badly bitten by the law on both sides of the border.

The Buffalo News reports that Emanuele Tesoro has received a $5,000 fine and a three-year conditional discharge from a county judge in Lockport, N.Y., after pleading guilty to illegal commercialization of wildlife.

The 42-year-old man from Waterdown, Ont., has already drawn $6,000 in fines and 90 days in jail in Canada for smuggling.

THE CANADIAN PRESS

News on the Move

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Toronto International Film Festival

TIFF

Metro brings you the latest movie news, star interviews and behind-the-scenes events taking place at the Toronto International Film Festival. Look for our special coverage daily throughout the festival.

- Today
- **What stars were in town this weekend? pg. 27**
- **Inside ET Canada's Festival Central, pg. 28**
- **VIPs load up on some great swag, pg 28**
- **Looking for a film to see, Metro has today's screening schedule and some mini reviews, pg. 30**

TIFF keeps up with... The Joneses

EVAN AGOSTINI/THE ASSOCIATED PRESS

Actress Amber Heard attends a screening for the film The Joneses during the Toronto International Film Festival yesterday in downtown Toronto. **More TIFF coverage, pages 27-30**

Improving your odds

OLG to crack down on insider buying by November: Source

Ontario retailers who sell lottery tickets will soon be banned from playing tickets purchased in their own stores, The Canadian Press has learned.

It's a move aimed at preventing questionable insider wins and improving the image of Ontario's troubled lottery corporation in the eyes of consumers.

A government source said the restriction will be officially announced today and will take effect in November.

However retailers would still be able to play the lottery if they buy tickets in other stores and redeem their tickets at another retail location, the source said.

"The rules are being changed to ensure that when Ontarians play the lottery they know that while the odds may be long, the games are fair," the source said.

The government source added the government is implementing all of the recommendations from a scathing 2007 report from Ontario Ombudsman Andre Marin.

> **"The rules are being changed to ensure that when Ontarians play the lottery they know that while the odds may be long, the games are fair."**
> Government source

Marin had accused unscrupulous retailers of collecting tens of millions of dollars in "dishonest" winnings — and he said the Ontario Lottery and Gaming Corp. turned a blind eye to the problem.

A sweeping forensic audit of the lottery corporation in February showed lottery insiders in the province had won $198 million in prizes over the past 13 years.

THE CANADIAN PRESS

Michael Jackson tribute provides sombre MTV moment

AWARDS Michael Jackson, who provided the MTV Video Music Awards with some of its most irreverent moments, got reverential treatment yesterday as Madonna and his sister Janet provided tributes.

Madonna kicked off the show at Radio City Music Hall with a poignant speech about her professional relationship with Michael Jackson, which morphed into a friendship later in their careers.

An MJ musical tribute began afterward, as Jackson clones dressed in his signature outfits recreated his famous dance moves. As "Scream," his duet with Janet began, his sister came out to recreate the moves from their only video together. It was a tender, special moment that didn't last long. Kanye West, known for his awards show outbursts had another one. When it was announced Taylor Swift had won for best female video, West burst on stage decrying the teen's win.

THE ASSOCIATED PRESS

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Local

Oshawa wants 2nd KISS show

An Oshawa city councillor says he's tapping into his list of contacts to try and secure an additional KISS performance after tickets for the band's October show sold out within minutes. Councillor Robert Lutczyk is making calls "first thing" today following a weekend of watching residents line up for tickets for days only to leave empty-handed. "It's the first on my to-do list, making calls on my network that I've developed just to see. It might be difficult, but it's very possible," Lutczyk said. TORSTAR NEWS SERVICE

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2009 Festival of Media Awards

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Tomorrow's Metro

National Report
Lawrence Martin's gives us his take on the Canadian political scene.

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WHAT'S ONLINE TODAY

Immigration Guidy Mamann on how to re-enter Canada after receiving a removal order at **metronews.ca/immigration**

Blogs Celebrity sightings at TIFF and scouting the new looks at New York Fashion Week.

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These results are not official.

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Late could be great

School pilot project gives kids extra hour

How great is late?

"I like it — I feel more rested," says 16-year-old Tiffany Gerro.

"I feel so much better. It's awesome, I love it," adds Grade 11 student Mike Stuckless. "There's more time (in the morning), you feel more fresh and less gross."

This year, the teens at Toronto's Eastern Commerce Collegiate Institute are starting classes an hour later than everyone else in the city as part of a pilot project to determine if getting some extra sleep actually improves not just their attendance, but their grades.

And so far, so good.

"The kids were on time — nobody was late," the first two days of classes, says Wayne Erdman, who started teaching math at the school 26 years ago and is now also the department head. "I could not believe it."

He's not expecting miracles — "they're still teens and I still expect some to be late, but not half an hour or 45 minutes," as in the past. And he's hoping that more sleep will mean better results for his first-period students, after a whopping 46 per cent failed Grade 11 functions last year.

KRISTOPHOROW/TORSTAR NEWS SERVICE

Veteran math teacher Wayne Erdman in his first period Grade 11 functions class, which starts at 10 a.m. Eastern Commerce Collegiate is piloting a later start time to see if it will improve marks, credit completion, attendance and punctuality for its 500 teens.

Eastern is acting on the growing body of research that shows teens' brains are wired to go to bed late and get up late.

Principal Sam Miceli said he has heard positive reviews from staff and students and said enrolment is up this year.

TORSTAR NEWS SERVICE

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Shooting leaves couple known for amicable breakup dead

If there is anything like an amicable marriage breakup, Heidi and Hugh Ferguson had perfected it, friends say.

The Orangeville couple separated a year ago after being married for almost two decades. Despite that, friends and neighbours say they were often at each other's homes, worked as a team and even went to their son's lacrosse games together.

> **"I never heard a bitter or a nasty word from either of them."**
> Bridget Wilson, friend

"It was such an amicable breakup," said Bridget Wilson, who knew the Fergusons for 19 years. "I never heard a bitter or a nasty word from either of them. I get a headache thinking what could have gone so horribly wrong."

Hugh Ferguson, 42, allegedly shot his wife early Saturday morning in her Orangeville home. He then went back to his home in Mono Township, 13 kilometres north of Orangeville, barricaded himself as local police and OPP surrounded the property, and shot himself.

Yesterday, police were still at both houses as distraught friends struggled with just one question: What went wrong? No one knows.

What everyone knows is she was a city girl and he was an outdoors person — he had been hunting since he was a teenager and had at least 10 rifles and a handgun.

But there was no sign of any trouble. "Everything was fine," said Wilson, who lives three doors down.

The couple have two teenage children.

TORSTAR NEWS SERVICE

News in brief

HELP Police are looking for a Good Samaritan who stopped a sexual assault in Oshawa Saturday night. Just after 10:30 p.m. Saturday, a suspect in a vehicle with tinted windows forced a 15-year-old girl into his car. The suspect drove to a parking lot on Gibb Street where police say a Good Samaritan walked by and looked at the pair. The suspect shoved the victim out and drove off. TORSTAR NEWS SERVICE

One fatal run for teen, one lucky stop for man

ACCIDENTS A 17-year-old boy fleeing a robbery scene died after being struck by a car, while a 22-year-old man survived multiple gunshot wounds, in separate incidents over the weekend.

Police confirmed the teen's death early yesterday. He is alleged to be one of two men who robbed the R. J. Food Market convenience store in the Victoria Park and Lawrence Avenue East area around 8:30 p.m. Friday.

"They were both wearing masks. I could only see their eyes," said store owner Kaan Liu, who was at the store along with his wife and several other customers at the time.

The two men seized approximately $150 from the cash register.

As they fled across the street, Liu saw the 17-year-old get struck by a car while the other suspect escaped.

Hours after police confirmed the death, a 22-year-old man was shot three times in Scarborough.

The bleeding man ran up to an ambulance that happened to be stopped at a traffic light near the intersection of Kennedy Road and St. Clair Avenue around 2:30 a.m., an EMS representative said. He was shot once in the chest and twice in the arms, police say.

Paramedics contacted police and rushed the man to Sunnybrook Hospital. He is in stable condition and is expected to survive.

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Cops seek purse snatcher

Police are looking for a male suspect after a 72-year-old woman was pushed to the ground and robbed Saturday morning. The senior was steps away from her home in the area of Batterswood Drive and Bridlewood Boulevard at the time of the incident. The suspect is five-foot-nine to five-foot-10 with a medium build. TORSTAR NEWS SERVICE

Cancer patients denied equal access: Report

DRUGS A patchwork system of coverage for cancer drugs across the country means patients are being denied equal access to life-saving treatments, says a report by the Canadian Cancer Society.

The report, released Monday, says patients in some provinces will have cancer drugs covered under comprehensive insurance plans, while those in other jurisdictions must pay some or all of the cost from their own pockets.

Coverage

- A B.C. resident could have one of the newer cancer drugs fully paid for, while a patient in Ontario would have to ante up a portion of the cost, $2,700 a year, to get the same drug.

And with most newer cancer drugs carrying price tags that can run into thousands of dollars, the burden of paying for life-saving treatments can mean financial disaster for some Canadians, the society says.

"It is increasingly becoming the fact that your ability to get the drugs you need is dependent upon where you live and how much money you have," said Dan Demers, director of national public issues for the Canadian Cancer Society.

"In our minds, that's not universal health care."

The society is calling on Ottawa to take the lead in developing a catastrophic drug program, in consultation with the provinces and territories, the insurance industry and patient groups. THE CANADIAN PRESS

Follow rules to ease tensions

Highway Traffic Act lays out bike and car right of way

The recent tragedy involving cyclist Darcy Sheppard and former attorney-general Michael Bryant highlighted long-simmering tensions between motorists and bike riders on the streets of Toronto.

Animosity — and injuries — could be reduced if both parties simply followed the rules of the road set out in the Ontario Highway Traffic Act and municipal bylaws.

Often, neither side knows how the rules apply to shared streets, and some cyclists don't even recognize that the laws of the road apply to them.

Common practice on the streets of Toronto can be miles off what the rules specify and safety suggests would be the best way, says Const. Hugh Smith, of the Toronto police traffic services division.

He clarified a few of the basic road-sharing rules with Torstar News Service.

Q. When may a car cross into the bike lane?

A: Never, except:

1. Diamond lanes: Cyclists share these lanes with buses, taxis and other vehicles making drop-offs.

2. At intersections: When the solid white line marking off the bike lane becomes a dotted line, cars may move over to turn right.

Cyclists are often frustrated because motorists move over to the right prematurely, says Smith.

Q. Can scooters and electric bikes use the bike lanes?

A. No. E-bikes should travel in normal traffic lanes, although many riders consider themselves slow-moving vehicles and move close to the curb to let others squeeze past. Bylaws for motorized bikes are being clarified.

One important rule — e-bikes require a helmet 100 per cent of the time by all ages of riders.

Q. Is it true that bikes have the right to take up a full lane of traffic — that is, situate themselves in a lane so as to prevent a car passing?

A. Yes, says Smith.

Bike lanes are designed to allow cyclists the space to go at their own speed. But cyclists are allowed into the main flow of traffic any time. If the road is narrow and there isn't enough room to comfortably ride to the right of a car, the cyclist is entitled to occupy the full lane. Often that is safest, says Smith. However, when the road widens and traffic speeds up, cyclists are expected to let motor vehicles past. TORSTAR NEWS SERVICE

KEITH BEATY/TORSTAR NEWS SERVICE

Lionel Shaul is seen snapping through the ribbon at the start of the Beaches Terry Fox run. About 500 runners and walkers participated.

Hope reigns, sun shines on Terry's run

Jeane Magee figured if Terry Fox could run halfway across Canada on one leg, the least she could do was two kilometres with her walker.

The 80-year-old great-grandmother and cancer survivor was among tens of thousands of people across the country who ran, walked or rollerbladed yesterday in Fox's name for cancer research.

"He was very brave and it was very sad when he died," said Magee, who walked a pathway beside the Gellert Community Centre in Georgetown.

The 29th annual run honours the one-legged cancer victim who died from the disease at 22 after being forced to abandon his quest to run across Canada.

Nearly three decades later, his story of courage and hope remains a touchstone for old and young alike.

Runs were staged in more than 900 communities across Canada, including 230 in Ontario, and in 28 other countries.

TORSTAR NEWS SERVICE

Clement dumped minister after Pride festival?

CONTROVERSY Industry Minister Tony Clement's office directed bureaucrats to "scrutinize activities" of major tourism events up for stimulus funding, just two weeks after the Gay Pride festival received a federal grant.

And documents suggest Clement had a direct hand in dumping cabinet colleague Diane Ablonczy from the helm of the program, notwithstanding assertions the leadership change was always in the works.

Tony Clement

There was "no relieving" Ablonczy of her duties at the Marquee Tourism Events Program following the controversial Pride grant, Clement's office said publicly in July. Ablonczy is the junior minister in charge of tourism and small business.

Darren Cunningham, Clement's spokesman, said at the time the program was entering a second phase that would be managed by the senior minister.

But documents obtained by The Canadian Press under Access to Information legislation raise questions about that line.

"This is to formally advise Minister Clement has revoked delegation of authority for the Marquee festivals program," Clement's chief of staff, Bill King, wrote to senior bureaucrats on June 29.

THE CANADIAN PRESS

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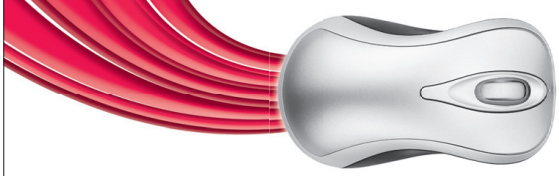

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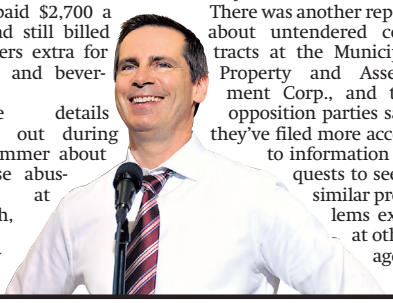
Nearly $11.6 million raised in Weekend to End Breast Cancer
The Princess Margaret Hospital announced that 4,616 participants have raised $11.6 million in the seventh annual Weekend to End Breast Cancer. METRO NEWS SERVICES

Opposition vows to fight Liberal agenda

NDP, Tories united against tax merging

Holding Ontario's Liberal government to account for spending and expense abuses and stopping the harmonization of the provincial sales tax with the GST will drive the opposition agenda in the fall session of the legislature that starts today.

The government was under fire when the legislature adjourned in June over reports eHealth Ontario handed out $16 million in untendered contracts to consultants, some of whom were paid $2,700 a day and still billed taxpayers extra for snacks and beverages.



More details spilled out during the summer about expense abuses at eHealth, the agency set up to create electronic health records after its predecessor spent more than $600 million on the same project and produced little of lasting value.

A similar expense problem rocked the already troubled Ontario Lottery and Gaming Corp. in the summer, prompting the government to fire the CEO as the entire board of directors resigned. Ousted lottery corporation boss Kelly McDougald launched a wrongful dismissal suit on Friday.

There was another report about untendered contracts at the Municipal Property and Assessment Corp., and the opposition parties said they've filed more access to information requests to see if similar problems exist at other agencies, boards and commissions.

"You will see us on Monday continuing to pursue the culture of entitlement that is set in deep in the (Dalton) McGuinty government," said Progressive Conservative Leader Tim Hudak.

The Liberals have become "arrogant" in their second term and seem more concerned with making things easier for friends and insiders than taking care of the needs of ordinary people, said NDP Leader Andrea Horwath.

The opposition parties will also fight to halt McGuinty's plan to merge the eight per cent provincial sales tax with the five per cent goods and services tax. They say the harmonization would mean a huge tax hike on everyday items and services currently exempt from the provincial tax.

THE CANADIAN PRESS

Where's the beef? First Annual Colossal Challenge

MIKEY BLOT PHOTOGRAPHY

Owner of the Corned Beef House Rob Spizzirri (centre on bended knee) poses with assistant Jermaine Bain, beside Team Toronto 2010 Calendar Firefighters (right). The team won the first annual Colossal Challenge fundraiser Friday. Each team member had to eat a 16-ounce corned beef sandwich plus the pickle. All proceeds went to the Princess Margaret Hospital Foundation.

Rediscovering Chinatown

CULTURE On Saturday, Rain Chan, along with two dozen youth from the Chinese community, spent an afternoon wandering around Toronto's downtown Chinatown rediscovering what are considered the oldest Chinese-Canadian landmarks in Greater Toronto.

The one-day Chinatown tour was one of many initiatives by Rice Up, a youth group of Toronto's Chinese Canadian National Council, to connect youth with their heritage and encourage them to get involved in community development and social justice issues.

"What we all want is to be in touch with our cultural roots," said Chan, a York University theatre student. TORSTAR NEWS SERVICE

News in brief

WILDLIFE Two moose calves were relocated from Aspen Valley Wildlife Sanctuary Friday, a day after a Toronto Star investigation revealed allegations of animal mismanagement.

MARIJUANA A 49-year-old Mississauga man is facing drug charges after police searched a home in London. Police say they seized 969 marijuana plants.

METRO NEWS SERVICES

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Nova Scotia Conservatives decide not to elect new leader until next year

Nova Scotia's Progressive Conservatives will wait until next year before choosing the party's next leader. At a meeting Saturday in Halifax, the party's provincial executive said the two-day leadership convention will be held Nov. 5, 2010. THE CANADIAN PRESS

Canada

Women workers claim incorrect

A claim that the first half of 2009 marked the first time in Canada's history the number of employed women outnumbered employed men was incorrect, Statistics Canada has confirmed. Asked about the milestone after the claim was questioned, the agency said Friday there were in fact two previous periods — February-April 2007 and January-April 2008 — when employed females slightly outnumbered their male counterparts. THE CANADIAN PRESS

Parties to fight for advantage

Grits unveil new ads as Tories plan changes to EI system

Consider the week ahead in Parliament a trailer to the fall blockbuster that's about to be released, a sort of loud, tense collection of soundbytes competing for the public's attention and affection.

Parliament might fall if a vote of confidence is held Friday as is expected. Senior Conservative sources say Sept. 18 is the day tentatively marked on the calendar to bring forward the infamous ways-and-means motion that could bring down the government, although party strategists are keeping any options open that will give them the tactical advantage.

Jack Layton

All four parties are obsessed with positioning themselves in the best possible light before the campaign unfolds.

The Liberals unveiled two new television ads yesterday, both attempting to show that party leader Michael Ignatieff has what it takes to not only lead the country out of recession, but to go beyond that by restructuring the workforce for better times ahead.

ADRIAN WYLD/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff and Prime Minister Stephen Harper are seen during a memorial ceremony in Ottawa Friday. The Liberals and Conservatives are expected to try to win the public's favour this week in anticipation of a possible election.

The Tories planned to unveil proposed changes to the employment insurance system as early as today, said the prime minister's spokesman Dimitri Soudas.

Reports over the weekend indicated the government was preparing to lengthen the amount of time some workers can collect benefits, and to extend EI to the self-employed on an optional basis.

NDP Leader Jack Layton was to put himself under the spotlight first thing today, with a caucus meeting in front of the cameras on Parliament Hill to lay out what his party intends to do this parliamentary session.

They would like to project the image of a party that has the interests of Canadians at heart, that is not fixated on its own political advancement.

THE CANADIAN PRESS

m.metronews.ca

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Military keeps eye on embedded reporters

AFGHANISTAN War correspondents covering Canada's efforts in Afghanistan have many faithful followers, but none more faithful than their own government.

Documents obtained by The Canadian Press detail how carefully reporters embedded with the military at Kandahar Airfield are monitored by officers in the field.

The reports are then circulated widely to officials back in Ottawa.

The records, obtained under Access to Information legislation, show that what reporters are asking about, what they are writing about and what they have been told are the subject of regular briefing notes shared with everyone from officers in Kandahar to commanders in Ottawa to civilian officials reporting to the prime minister.

Chris Waddell, a journalism professor at Carleton University, says nobody should be surprised that reporters are monitored. But the extent of the effort shows how careful the Stephen Harper government is about the message from Afghanistan.

"They want to control the media and want to control what's going on and what's coming out from on the ground in Kandahar," says Waddell.

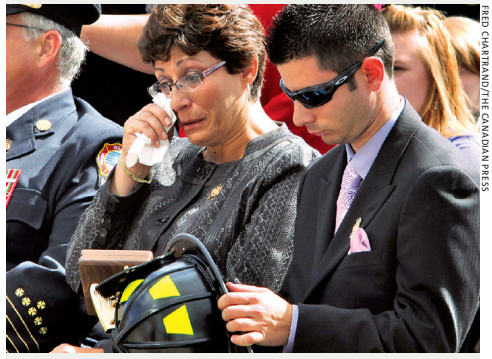
"The media may not realize the degree to which they're being watched."

At least six agencies receive the briefing notes, including the Ottawa headquarters of the Afghanistan task force and the Department of Foreign Affairs.

THE CANADIAN PRESS

MORE COVERAGE, PG 12

Ottawa **Fallen firefighters**



FRED CHARTRAND/THE CANADIAN PRESS

Falvia Leek, the widow of fallen firefighter and district chief Robert Leek of the Toronto fire department, looks on with her son David during the National Memorial Service for firefighters who died in the line of duty, at a ceremony on Parliament Hill in Ottawa yesterday.

News in brief

WILDLIFE A ruling involving a little-known B.C. fish could affect how the federal government manages endangered species, legal experts say. Several environmental groups challenged the Fisheries Department in Federal Court over its management of the Nooksack dace, a small minnow that only lives in four freshwater streams near Vancouver. They successfully argued a 2006 policy decision not to include the location of the four streams in the recovery strategy for the obscure fish violated the Species At Risk Act.

LAWSUIT It's been almost a decade since Andre Livernoche's son was sexually assaulted and murdered by a convicted pedophile who should have not been freed from jail. After years of waiting, he's getting a chance to demand compensation in front of a Quebec judge today. He says he's asking for $2.5 million but his initial claim amount, according to court records, is $400,000. THE CANADIAN PRESS

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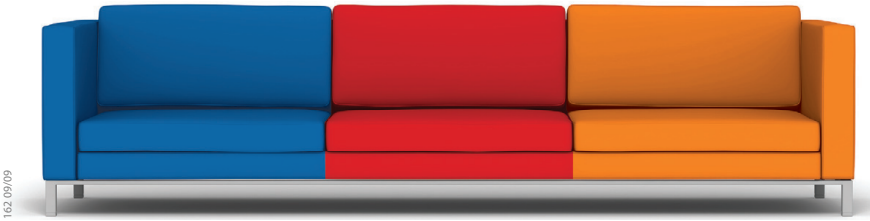

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Edmonton Safeway employees back to work

A strike involving about 350 Canada Safeway employees at an Edmonton distribution centre has ended. The president of the United Food and Commercial Workers Union says about 71 per cent of employees voted Saturday to end the strike and go back to work. THE CANADIAN PRESS

Report finds rail security gaps

Thousands of shipping containers enter Canada by rail each year without proper checks for drugs and other contraband, says a new report.

A border screening program begun in 2000 has fallen into disrepair, with just two officers now responsible for the vetting of some 400,000 rail cars and containers annually. They're given almost no training, close shop on weekends, get little support from other security officers, and have few inspection facilities.

"The amount and level of targeting has decreased due to a lack of resources," concludes the August 2009 review, obtained by The Canadian Press under the Access to Information Act.

The screening program, known as Winfall, was begun as a pilot project in the mid-1990s after security officials determined that almost no rail shipments entering Canada were being inspected. By August 2000, the federal government had turned Winfall into a full-fledged program, drawing on internal shipping data provided by Canadian National Railway and Canadian Pacific Railway, which together account for more than 95 per cent of rail traffic in Canada.

The railways deliver data up to six days before shipments originating in Mexico and the U.S. arrive in Canada, allowing inspectors to be proactive about targeting suspect rail cars and containers. The rail lines are then notified of suspect shipments and place a hold on the goods so they can be inspected.

From December 2005 to November 2006, Winfall officers were responsible for the screening of about 45,000 containers and 344,000 rail cars. But very few drugs were ever found because the program has been starved of resources. THE CANADIAN PRESS

Problems unearthed by review

- The review found only two officers instead of the four the program was assigned, as the others were poached by other areas, and those officers often received little help from other border services agencies.
- The program was operating 9 a.m. to 5 p.m., Monday to Friday, with no after-hours and weekend coverage even though rail traffic moves 24/7.
- Staff were given little training and forced to learn on the job.
- There are no formal agreements with railways for sharing shipping data, which is currently in an awkward format.

ANDREW VAUGHAN / THE CANADIAN PRESS

Newfoundland and Labrador Premier Danny Williams.

Energy a hot topic as U.S. governors, premiers meet

ENERGY A regional blueprint for energy will be one of the major topics when New England governors and eastern Canadian premiers meet this week in Saint John, N.B.

Each province and state is looking to increase its share of the energy market — especially with green energy — and facing the problem of an inadequate transmission grid.

Exporting clean wind, hydro and nuclear power from Eastern Canada to the states along the eastern seaboard has been an issue for the elected leaders for years, but the pressure is on to take action.

Earlier this month, Newfoundland and Labrador Premier Danny Williams accused Hydro-Quebec of economic protectionism, by trying to block the Lower Churchill project to protect its own interests.

In a speech to the Energy Council of Canada, Williams said it's time to look at a possible national energy grid to freely cross the country.

On Friday, Quebec Premier Jean Charest said he wants to work with Newfoundland and Labrador.

"We all share in the same objective to be able to sell more energy to the United States — clean and renewable energy — and if we can help make that happen, well, we'll all be winners," Charest said.

New Brunswick Premier Shawn Graham is hoping his province's geographic position will make it the energy hub for the region. THE CANADIAN PRESS

Nunavut judge heads for Alberta after 20 years

LAW For 20 years, Judge Beverley Browne has been flying to one tiny Arctic community after another to set up a court in whatever classroom, gym or hamlet office is available.

As senior judge in the Nunavut Court of Justice, Browne has helped develop a justice system that incorporates both western and Inuit traditions. And as she leaves the North for the Alberta bench, she acknowledges it's a job that is far from done.

Browne first came to Iqaluit as a judge in 1990, when the eastern Arctic was still part of the Northwest Territories. Her resources consisted of two clerks and a court reporter. Some of her early decisions paved the way for recognition of traditional Inuit adoption, in which the adoptee retains ties with biological parents. After the creation of Nunavut, she helped bring in mediation services — "much more relevant to Inuit problem-solving methods," she says. THE CANADIAN PRESS

Plains of Abraham **A history of Quebec**

JACQUES BOISSINOT / THE CANADIAN PRESS

A man demonstrates, holding a Patriots flag (from the 1837 Lower Canada Rebellion) and wearing a Fleur de Lys hat during the Moulin à Paroles yesterday on the Plains of Abraham in Quebec City. To mark the 250th anniversary of the Plains battle, guests read 140 historical documents marking points in Quebec's history, including the controversial 'Manifeste du FLQ'.

Fisherman missing after boat sinks

ST. JOHN'S Officials continued a painstaking search for a missing fisherman yesterday, a day after he and four others abandoned their shrimp boat when it suddenly lost speed and began taking in water in rough seas off eastern Newfoundland.

One man was confirmed dead, while three survivors were treated for mild hypothermia in a St. John's, N.L., hospital and released.

Jeri Grychowski of the Joint Rescue Co-ordination Centre in Halifax said two coast guard vessels, a Cormorant helicopter, a Hercules aircraft and several commercial fishing boats were criss-crossing a grid about 80 kilometres east of St. John's yesterday.

Weather conditions were initially good, but forecasted heavy winds and rains later in the day could hamper the search for the man, who was wearing an immersion suit when he fled the sinking craft. THE CANADIAN PRESS

News in brief

OCEAN Famed sailor Philippe Poupon's trip through Canada's fabled Northwest Passage almost ground him to a halt. Poupon travelled the treacherous 10,000-kilometre passage last week. "We found a lot of ice. We had to take care because the ice is still there and when you are on ice, wind, fog or the night, it could be very dangerous," he said.

VANCOUVER Police are seeking a man who witnesses say was drunk and yelling at other riders on a city bus on Friday. The man urinated inside the bus, punched the driver, damaged the bus's door and broke two windows before running off. THE CANADIAN PRESS

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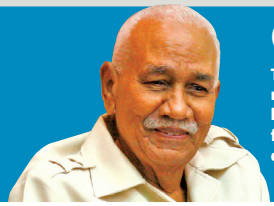
Contractor murdered on U.S. base
The U.S. military says a civilian contractor was shot and killed on an American base in Iraq yesterday. THE ASSOCIATED PRESS

World



Cuban VP mourned

Tens of thousands of Cubans lined up yesterday to pay their respects to Juan Almeida Bosque, left, a vice-president and hero of the country's 1959 revolution whose death at 82 further thinned the ranks of the communist-run country's old-guard leaders. THE ASSOCIATED PRESS

Dozens dead after Kazakhstan fire

ALMATY Fire roared through a drug treatment centre in Kazakhstan with a history of safety violations, killing 37 people as patients tried to escape through barred windows, officials said. The blaze broke out late Saturday and quickly spread through the single-story Soviet-era building. About 40 people were evacuated from the building, emergency officials said.

At the city morgue, a sister of one of the victims berated police.

"They came and took him away because he was drinking too much. They said they were taking him away for six months to cure him of alcoholism but now he's dead," she wailed.

There have been almost 10,000 fires in Kazakhstan in the first eight months of 2009, according to government statistics.

THE ASSOCIATED PRESS

U.S. surge boosts Canada

'Huge bonus' as Canadian soldiers no longer going it alone in Kandahar

Canadian forces in this sprawling region of grape orchards, opium fields and heavily fortified mud-walled compounds have gone from being run ragged to being firmly in control, according to Canada's top soldier.

Despite initial success with the invasion of Afghanistan to oust the Taliban regime in 2001 and 2002, the militants have since regrouped and mounted an increasingly strong insurgency over the past three years.

A surge in American troops has been a godsend for Canadian soldiers here. U.S. President Barack Obama committed 21,000 new forces to Afghanistan this year, part of a record U.S. commitment of 68,000 by the end of this year.

RAHMAT GUL/THE ASSOCIATED PRESS

Afghan men look at an election billboard of President Hamid Karzai yesterday.

Canada has been going it largely alone for the past three years and the reinforcements couldn't come at a better time.

"It's been a huge bonus. When you think three years ago we were covering this massive region with a single battalion and here today in 2009 we're covering this region with eight battalions," said Chief of Defence Staff General Walt Natynczyk in an interview with The Canadian Press.

Despite the political instability and constant concerns about security in the area — the population by and large seems to be relying more heavily on government and NATO troops. Village leaders argue that the location of new schools, community centres and even outdoor bazaars, should be within site of Afghan National Police, Afghan National Army or NATO bases for the sake of security.

Going it alone in Kandahar has taken a rising toll on Canadian soldiers. IEDs have claimed the majority of the 129 Canadian soldiers who have died since the mission began. THE CANADIAN PRESS

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News in brief

MIDDLE EAST Israeli Prime Minister Benjamin Netanyahu, speaking on the eve of a key meeting with the White House Mideast envoy, said yesterday that differences remain with the U.S. over resuming peacemaking with the Palestinians. Netanyahu delivered the assessment before flying to Cairo for talks with Egypt's president. Today, he is scheduled to meet George Mitchell, U.S. President Barack Obama's envoy. Netanyahu, whose Likud Party is committed to expanding settlements and holding on to the West Bank, has been bargaining for a compromise that would allow some building to continue.

ZIMBABWE The European Union said yesterday it will not remove sanctions targeting longtime Zimbabwean President Robert Mugabe and his loyalists or resume development aid until more is done to implement a power-sharing agreement and restore human rights. THE ASSOCIATED PRESS

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U.S. gets head start on flu vaccine
The first round of swine flu shots in the United States could begin sooner than expected, with some vaccine available as early as the first week of October, Health and Human Services Secretary Kathleen Sebelius said yesterday. THE ASSOCIATED PRESS

Child bride probe sought

Father allegedly sells teen daughter into marriage with 75-year-old

Authorities in southern Bangladesh are investigating whether a 13-year-old girl was forced to marry a 75-year-old man as a way to pay off her father's debt, local media reported yesterday.

Lokman Shikder loaned the girl's father, Azhar Bepari, 4,000 takas ($60) several months ago, but had trouble repaying it. Shikder gave Bepari the choice of immediately paying back the money plus interest or allowing him to marry his daughter, said.

Shikder, who was already married, is the father of four grown children and has a host of grandchildren, the news agency report said.

$15 fine

- Punishment for violations of child marriage includes one month in jail or a fine of 1,000 takas ($15) or both.

A government official said authorities were investigating and legal action would be taken against the father and husband if the marriage indeed took place. People under the age of 18 are not legally allowed to marry in Bangladesh.

Shikder's first wife also wants her husband punished because he married the girl without her permission, the report said. Men can marry up to four women in Bangladesh, but their wives must agree.

Human rights groups say child marriage is rampant in rural Bangladesh, a nation of 150 million people where almost half of the population lives on less than $1 a day.

THE ASSOCIATED PRESS

News in brief

CRASH The son of an Israeli astronaut who died in the space shuttle Columbia disaster six years ago was killed yesterday when his F-16 warplane crashed on a routine training flight. The military identified the dead pilot as Lt. Asaf Ramon, son of Ilan Ramon, Israel's first and only astronaut.

POLLS Norway's left-wing government was in danger of losing its Parliamentary majority yesterday despite breezing through global recession, polls showed.

THE ASSOCIATED PRESS

Images **Sneak peek**

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Street children react to a camera at a roadside in Allahabad, India yesterday. In 19 Asian economies, more than 10 per cent of people live on less than $1.25 a day and more than 10 per cent are malnourished, the Asian Development Bank said in a report.

Health-care heckler moves on

One apology is enough, Republican Rep. Joe Wilson said yesterday, challenging Democratic leaders who want him to say on the House of Representatives floor that he's sorry for yelling "You lie!" during U.S. President Barack Obama's health care speech to Congress.

The leadership plans to propose a resolution of disapproval this week if the South Carolina Republican doesn't publicly apologize to Congress. Such a measure would put lawmakers on the record as condemning those two words, uttered during last Wednesday's prime-time speech.

Wilson said a resolution would show that Democrats simply wanted to play politics and divert attention from a health care overhaul that is lagging in Congress.

"I am not going to apologize again. I apologized to the president on Wednesday night," Wilson said. "The apology was accepted by the president."

Wilson said his critics want to use the incident to silence opponents of health care reform.

THE ASSOCIATED PRESS

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Hong Kong highrise disaster
A construction platform in a Hong Kong skyscraper's elevator shaft collapsed yesterday, sending six workers falling 20 stories to their deaths. THE ASSOCIATED PRESS

Shoe tosser goes free

Family eager to celebrate Al-Zeidi's return

The family of the Iraqi journalist who threw his shoes at former U.S. president George W. Bush is preparing a festive welcome for the TV reporter, who is to be released from prison today after nine months behind bars.

At his family's home in Baghdad yesterday, relatives of Muntadhar al-Zeidi were already celebrating, waving Iraqi flags and hanging balloons and posters of the reporter.

Al-Zeidi, 30, became an icon for many in the Arab world last December. As Bush addressed a news conference, the reporter jumped from his seat and hurled his shoes at the American president, forcing Bush to duck.

Many felt the protest reflected their own frustration over the war and the U.S. occupation. His act was widely celebrated, although it embarrassed Prime Minister Nouri al-Maliki.

In March, Al-Zeidi was convicted for assault. His three-year sentence was reduced to one because he had no prior record and he is to be released three months early for good behaviour. THE ASSOCIATED PRESS

KARIM KADIM/THE ASSOCIATED PRESS

Relatives of Iraqi journalist Al-Zeidi hang posters with his face and the words: "Release the one who retained Iraqis' dignity."

Israel, U.S. at odds over settlements

Israeli Prime Minister Benjamin Netanyahu said yesterday that differences remain with the U.S. over resuming peacemaking with the Palestinians.

The Obama administration has been pressing Israel to declare a halt to construction in its West Bank settlements. Palestinians claim the West Bank as part of their future state.

Netanyahu, whose Likud Party is ideologically committed to holding on to the West Bank, has been bargaining for a compromise that would allow some building to continue.

At the same time, his office indicated openness to a limited freeze.

Palestinians are insisting they will not resume peace talks until Israel completely stops its West Bank construction. Palestinians charge that settlements are a main obstacle to creating their own state. THE ASSOCIATED PRESS

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Comment

The only thing worse than change is ...

HineSight

Anne Hines

metronews.ca/hinesight

Today I find myself contemplating one of the great truths of existence. The only real constant in life is this: everything changes.

In mid-September, change is everywhere. Leaves turn colour, kids are back at school, life returns to normal. This week I head back to college, completing my training to become a United Church minister. Returning to school in my forties was a huge life change. I knew there would be people in my class who were younger than me.

I just didn't realize they would be the teachers.

Experts tell us we should, "Approach change in a calm, rational manner, anticipating advantage and welcoming new challenge." They should add, "Also, you should learn to fly."

SunnySide

The fact is, most humans react to change in a similar way. We don't like it. The only thing we like less than things changing, in fact, is things not changing. Change = hysterical worrying about what life will look like now. No change = total, mind-numbing boredom.

In order to help readers handle whatever change September brings, here's a handy questionnaire .

"How Change-ready Are You?"

1. Your boss announces a new program of "internal systems restructuring." Do you: a) Anticipate updating your skills.

b) Anticipate updating your resume.

2. When faced with significant change do you see it as: a) An exciting opportunity to explore interesting new ways of being.

b) An exciting opportunity to explore interesting new medications.

3. Change is simply nature's way of: a) Effecting necessary renewal.

b) Making us all totally crazy.

4. Those best equipped to profit from difficult life changes are: a) Confident, realistic people.

b) Divorce lawyers.

5. To be assured that some things endure and never change, you have only to look at: a) The deep, abiding spiritual wisdom of the mystics.

b) Those extra five pounds on your hips.

If you answered mostly a), you're well equipped to handle change.

If you answered mostly b), you are well equipped to end up hiding under the bed.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Taking vacations close to home by train

InTransit

Ed Drass

metronews.ca/intransit

If the economy or this summer's weather have kept you from travelling as much as you'd like, don't be disheartened. There is still plenty of time to plan inexpensive trips within a few hours of Toronto — by rail. For years I've been taking short vacations by VIA Rail and Ontario Northland. I can't rave enough about the unexpected joys of discovering towns and cities that are close to home.

I have also travelled each GO Transit rail line and tried to stay overnight in the historic town centres that often lie at the end of these corridors. With a bit of research this can be a genuine local "stay-cation" — thanks to the reasonable rates at local bed-and-breakfasts, many of which are in century-old homes.

By car, 905 may seem full of subdivisions and malls. Trains often travel to the heart of those older, walkable town centres that are scattered throughout the GTA. Add in the coming change of leaf colours, and even a quick GO train ride can become a real excursion. Toronto residents may have a hard time thinking of places like Stouffville or Milton as travel-worthy, or just how enjoyable it might be to dine in downtown Burlington and return the next morning — but just try it by train.

Quick tip

• Today, Monday, September 14, GO Transit is opening more exits from Union Station to Bay Street. Also, many trains are to arrive and depart at different platforms than usual. See go-transit.com.

Thanks to recent expansions at GO Transit, southern Ontario is more accessible by rail than it has been in decades. GO has not only beefed up train service, but it's now possible to return from most destinations by bus on weekends.

This kind of train and bus combo can also bring the Niagara peninsula or Muskoka within range of quick, inexpensive jaunts using GO, VIA, Ontario Northland as well as private bus companies.

And while modern traincars may not convey the traditional romance of rail, they can help you reach tourist trains in several Ontario towns, including a new line in Guelph.

Check my In Transit blog at metronews.ca for links to train information, B&Bs, as well as fall colour tours.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

MICHAEL DE ADDER

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto

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Technical employees at Jazz Air accept new agreement

Technical workers at Jazz Air have ratified a new three year contract that provides a six per cent pay increase over the three years. The roughly 900 workers, represented by the Canadian Auto Workers, approved the deal by a margin of 61 per cent. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 92.71¢	US $2.96	US $69.29	11,253.23
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Anti-IED maker sold to U.S. firm

DEAL Allen Vanguard Inc., which makes equipment for jamming remote detonation of terrorist bombs such as improvised explosive devices, has been acquired by a U.S. private equity firm in a weekend deal that also recapitalizes the company and keeps it operating.

The financially troubled Ottawa-based company announced Saturday it had reached a deal that will see it become a 100 per cent-owned affiliate of investment partnerships managed by Versa Capital Management Inc., a Philadelphia-based private equity investment firm.

THE CANADIAN PRESS

Road bump Tire tariff irks China

ANDY WONG/THE ASSOCIATED PRESS

A woman with car accessories passes by a tire store in Beijing yesterday. U.S. President Barack Obama's decision to impose trade penalties on Chinese tires has infuriated Beijing at a time when the U.S. needs Chinese help on climate change, nuclear standoffs with Iran and North Korea and the global economy.

Business in brief

FANTASY FACELIFT Walt Disney World will embark on a facelift for the Fantasyland area of the Magic Kingdom, in what the resort calls the biggest overhaul in the Florida theme park's 38-year history. Plans include adding a lavish ride based on The Little Mermaid.

THE ASSOCIATED PRESS

A cheque away from disaster?

Nearly 60 per cent of Canadians would have trouble paying the bills if their paycheque was delayed by a week, a poll suggests.

The Canadian Payroll Association survey says not only are the majority of Canadians living paycheque-to-paycheque, but they have little ability to put money away for their retirement. The survey said 59 per cent of Canadians would have trouble making ends meet if they missed a paycheque.

Of those surveyed, the younger workforce felt the greatest pinch. The survey said 45 per cent of people aged 18-to-34 would be difficult or very difficult to make ends meet if a paycheque were delayed. Another 21 per cent in that age group said it would be somewhat difficult.

The survey also found that 50 per cent of Canadian workers can't save more than five per cent of their net pay for retirement.

THE CANADIAN PRESS

72 The percentage of single parents who said missing a paycheque would cause a problem for meeting financial obligations.

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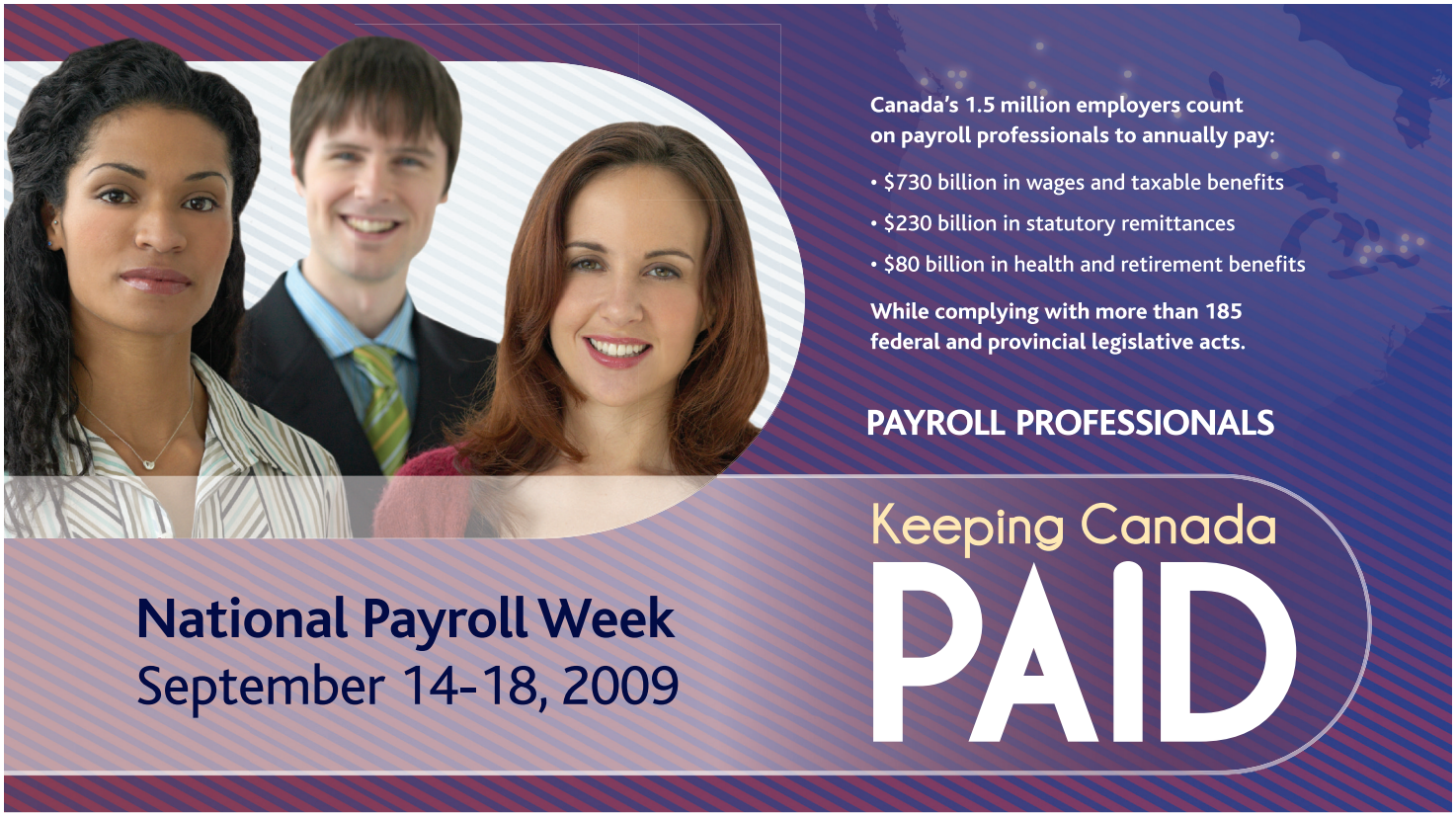

BC firm to build high-speed boats for coast guard
The federal government has awarded a $5-million contract to a Delta, B.C., company to build 25 high-speed boats for the Canadian Coast Guard. The rigid-hull inflatable boats can attain speeds of 50 knots. THE CANADIAN PRESS

Report counts oilsands 'real' cost

Alberta greenhouse gas emissions higher than some countries, it says

Alberta's oilsands produce more greenhouse gas emissions than some European countries and will produce more than all of the world's volcanoes in just 11 years if the pace of development continues, says a new report.

The report Dirty – How the tar sands are fuelling global climate change, is set to be released today.

Greenpeace commissioned author Andrew Nikiforuk, a business and environmental reporter, to write the report.

"The emissions are bigger than Estonia and Lithuania right now and in 2020 will be larger than countries like Belgium, Austria, Ireland and Denmark."
Andrew Nikiforuk, report's author

"Nobody in Canada wants to talk about the scale issues," he said. "The emissions are bigger than Estonia and Lithuania right now and in 2020 will be larger than countries like Belgium, Austria, Ireland and Denmark."

The report documents the "real" cost of the oilsands, which Nikiforuk says is the world's largest energy project. "The major energy projects in the Middle East ... they don't come anywhere near — none of them approach the scale and capital intensity of the oilsands."

The report says almost $200 billion has been or will be invested in the projects in northern Alberta, and that includes not only the oilsands, but pipelines, refinery expansions and associated infrastructure.

It adds that the liabilities are a nearly threefold increase in greenhouse gas emissions, enormous amounts of natural gas used and wasted to produce synthetic oil from bitumen and the "economic nightmare" of carbon capture and storage.

THE CANADIAN PRESS

Investors mark start of meltdown year ago

ANNIVERSARY Investors will be looking backwards to go forward this week on the stock markets, as they mark the one-year anniversary of the collapse of Lehman Brothers, which signalled the start of the rapid economic downturn.

And while many might still be nursing their wounds, a reflection on the past could inspire further optimism. "It could've turned out much worse, especially when you look at where we were in December and January," suggested Doug Porter, deputy chief economist at BMO Nesbitt Burns.

"Investors are just becoming more convinced that the global economy is recovering faster than anyone could have believed possible."

It has been a volatile trek for the markets since Lehman's filing on Sept. 15, 2008, but Porter suggested that investors have been pushing forward and becoming "increasingly emboldened," so much so that he thinks they might buck the usual fall trend of market pessimism.

THE CANADIAN PRESS

Friday markets

- The S&P/TSX index ended Friday ahead 236 points for the week at 11,253.23.
- Wall Street launched its own climb with the Dow Jones pulling off its best week in a month to close Friday at 9,605.41.

EU sounds warning over protectionism

OPEL SALE The European Union's competition commissioner, Neelie Kroes, has warned she will take action if there is proof of any protectionism in the sale of General Motors Co.'s European unit Opel.

The Belgian government has already said it wants the EU Commission to investigate the deal amid concern that Germany allegedly sought to protect its own plants at the cost of others. Under the agreement, the plant in Antwerp will likely be wound down while all the German plants would survive.

"State support should not be subject to noncommercial conditions such as the location of investments and restructuring measures."

Kroes's remarks were published in today's edition of De Tijd.

GM announced Thursday that Opel would be sold to Canadian auto-parts maker Magna and Russia's Sberbank, a solution Germany had pushed for.

THE ASSOCIATED PRESS

Canada Post gets marching orders

CHARTER The federal government has issued new marching orders for the post office that call for reasonable postage and that letters be delivered within Canada in less than a week. The Service Charter outlines its expectations for Canada Post.

The cabinet minister who announced the charter, junior transport minister Rob Merrifield, also says the charter makes it clear the Crown corporation is expected to maintain rural service.

The news release announcing the charter says the federal government is maintaining a moratorium on the closure of rural post offices.

The charter expects Canada Post to deliver letters within a community in two business days, within a province in three business days and between provinces in four.

THE CANADIAN PRESS

Postage

- The Canada Post charter promises "fair and reasonable" postage rates. But the news release didn't say whether the government believes the current 54 cents to send a letter in Canada and 98 cents for mail to the U.S. is reasonable.

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Campus bans the bottle

Students at the University of Winnipeg will have to stock up on reusable bottles as they head back to class this month. The school has banned the supply and sales of bottled water — the first school in Canada to do so. METRO NEWS SERVICES

Going Green

Did you know?

Bottled water is a $100-billion industry annually, while tap water is more heavily regulated and is virtually free — up to 10,000 times cheaper, the Earth Policy Institute says.

METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Water, water everywhere — or is it?

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

It's 1 a.m. and I am awakened by the sound of a running toilet. Laying there listening to the water trickle endlessly, I remember that the baby's diapers need to go in for another wash cycle. Then I try to remember if I paid the unusually large water bill from filling the pool this summer. And there's something else nagging at the back of my mind — oh, yeah, we're supposed to write about water conservation.

Canada is a fairly wet country. Lakes, reservoirs, and streams cover about seven per cent of our total land surface area. Most Canadians live near a body of water — in fact, most live near the shores of the Great Lakes and St. Lawrence River. Standing on the shore of Lake Ontario it is hard to imagine water as a finite resource. When we turn on the tap, water comes out. What's the problem?

At home, the greatest challenge is providing access to clean and safe drinking water. The needs of people for drinking water compete most strongly with the needs of agriculture for irrigation, and to a lesser extent, the needs of industry. In fact, around the world, 70 per cent of water extracted for all uses goes to agriculture. When the water is returned through drainage to streams or seepage to aquifers, it is often polluted. The pool of freshwater that can safely be consumed is shrinking while the population's need for water is growing.

So, what do we do? In wealthy countries, we have two options: Treat water, removing these pollutants, or abandon our polluted freshwater sources and turn to the sea. Water treatment is an energy-intensive enterprise, desalination even more so. So, treating and conserving our freshwater it is. Energy conservation has reached our collective consciousness, but we fail to make the connection between water conservation and energy conservation. We will only appreciate the importance of conserving water when we understand where our water comes from and what the economic and environmental costs are.

"When we turn on the tap, water comes out. What's the problem?"

Beyond our borders, access to safe drinking water cannot be taken for granted. Lack of infrastructure and high energy costs may discourage the treatment of drinking water. The most recent United Nations World Water Report finds that "physical and economic water scarcity and limited or reduced access to water are major challenges facing society and are key factors limiting economic development in many countries." The report also finds that we are not on track to meet the U.N.'s goal of improved sanitation for most of the world's population. These two factors set the stage for a global water crisis.

Economic development and epidemic prevention in the world's poorest countries, then, requires improved sanitation coupled with conservation practices. Where do we fit in? Obviously, we can provide aid such as capital for infrastructure projects. We can also play a role as consumers. We need to educate ourselves and avoid imported food products that are water resource intensive — that includes bottled water. And I need to fix my toilet.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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Could Clooney be driving that smart car?
Just in time for the Toronto International Film Fest, the Park Hyatt Toronto in Yorkville is offering guests a smart car for courtesy car trips. The eco-friendly option is the most fuel-efficient non-hybrid car in Canada. METRO NEWS SERVICES

10 ways to save water

There are a variety of reasons why a family would want to reduce their water consumption — save money, avoid taxes, lower energy use, minimize the carbon footprint — but sometimes it's hard to break old habits.

Here are a few helpful suggestions from the Canadian government and from bathroom and kitchen manufacturer American Standard.

Half of domestic water consumption takes place in the bathroom.

1 If a tap leaks, fix it. Just a small drip can waste seven buckets of water a day.

2 A low-flow shower head reduces consumption by 25 per cent or more without spoiling your shower experience.

3 The biggest single source of water use in the home is the toilet. Switching to a high efficiency model will cut the total flush by 40 or 50 per cent. Many municipalities will cover part of the cost.

Most of the rest is used in the kitchen.

4 Turn the tap off when the water is running to waste. When hand-washing dishes use a partly filled sink. When washing fruits and vegetables use a sink or bowl. A spray attachment is an economical way of rinsing.

5 Save your dishwasher for full loads. The same applies to your clothes washer. You'll be saving energy as well as water if you do.

6 Drinking lots of water is good for you. Letting the tap run until the water is cold is bad for everyone. For drinking, keep a container of water cold in your fridge.

If you have a garden

7 During warm weather, lawns and gardens need the equivalent of 5 mm of rainfall — no more. Much less is required when it's cool.

8 Brooms sweep driveways better than hoses — it prevents soil, grit and debris that has accumulated and that often contains contaminants from entering our water system.

How green is your laundry?

9 After a long day at work, tossing your clothes straight into the dirty pile can be tempting. But are those clothes really dirty? Consider wearing the garments one more time before washing them.

10 Front-loading high-efficiency washing machines use much less energy and water than conventional top-loading machines. While the initial purchase price higher, the extra cost can be partially offset by the money you save from using less energy. You can save up to 50 per cent of energy in every load just by switching to cold.

• Find more water conservation advice at americanstandard.ca, including a water use calculator.

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Barrichello wins Italian GP

Rubens Barrichello yesterday picked up his second win in three races to lead a Brawn GP 1-2 finish at the Italian Grand Prix. Barrichello and teammate Jenson Button both made the podium thanks to one-stop strategies to lead the sweep at the Monza circuit. Kimi Raikkonen of Ferrari finished third. THE ASSOCIATED PRESS

Sports

Bolt ends season with win

Usain Bolt, left, finished his season with another win yesterday, cruising to take the 200 metres in 19.68 seconds at the World Athletics Final in Thessaloniki, Greece. Wallace Spearmon of the United States was second in 20.21 and Brendan Christian of Antigua was third in 20.65. This was the last race of the season for Bolt, who said he will return to Jamaica to celebrate his world records in the 100 and 200 at last month's world championships. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Allison a longshot at Leafs camp

34-year-old Toronto native attempting second comeback with hometown team

Jason Allison feathered a pass to Robert Slaney and the first-year pro fired the puck into the back of the net.

Allison has certainly done this before, but not for a while. He's trying to make a second comeback to the NHL after being away for more than three years.

But he showed during the first scrimmage of the Toronto Maple Leafs' training camp yesterday he can still generate offence.

"It felt good getting back out there, getting back into the swing of things, and getting the pace back down," said the 34-year-old Toronto native. "Your vision of the game and reading plays and stuff comes back to you.

"I just have to get used to the speed again. That'll probably be the biggest challenge right now."

Allison knows all about challenges.

A neck injury in 2003 took him out of the NHL until he made a comeback with the Leafs in 2005-'06, registering 17 goals and 43 assists until a wrist injury prematurely ended his season. It was his lack of speed that induced then-GM John Ferguson Jr. to decline re-signing him. He didn't want to play anywhere else.

"He doesn't have a spot on the team. He's going to have to steal somebody's job and earn it." Maple Leafs coach Ron Wilson

"Seeing there's an opportunity here, it was absolutely the right thing to do, come back and give it a shot. I missed three years and came back as a 31-year-old. There's not much difference between 31 and 34. I'm in much better game condition and my timing is much better this year than it was the last time I came back," he said.

The lanky six-foot-three forward skated all summer preparing for this tryout. He kept his shifts short Sunday, which was a wise way to start getting back into the groove.

Trouble is, the Leafs have a gang of new prospects such as Slaney and Tyler Bozak bent on winning the same job Allison covets. Coach Ron Wilson is keeping an open mind but makes it clear Allison will have to make some eye-popping headway to crack the opening night lineup.

"He doesn't have a spot on the team," says Wilson. "He's going to have to steal somebody's job and earn it."

The first exhibitions are at home Wednesday against Boston and Thursday against Philadelphia in London, Ont. THE CANADIAN PRESS

Federer to meet del Potro in U.S. Open final

TENNIS Roger Federer punctuated his latest U.S. Open victory yesterday with a shot he called, quite simply, the greatest of his life: A between-the-legs, back-to-the-net, cross-court winner from the baseline.

A point later, with the crowd in hysterics and opponent Novak Djokovic still in shock, the world's top-ranked player closed out the victory 7-6 (3), 7-5, 7-5, to move one win from his sixth straight U.S. Open title.

OK, who's got next?

Juan Martin del Potro is the lucky guy whose first career Grand Slam final will come today against Federer, who made his 17th in the last 18. Earlier in the day, No. 6 Del Potro beat No. 3 Rafael Nadal, 6-2, 6-2, 6-2.

Fourth-seeded Djokovic fought for more than 2½ hours on a day that grew increasingly windy at Arthur Ashe Stadium, hanging with Federer and even grabbing two break points late in the third set to briefly see a glimmer of hope.

THE ASSOCIATED PRESS

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Learn how to scan the barcode with the instructions at the top of pg 3

JULIAN FINNEY/GETTY IMAGES

Roger Federer of Switzerland celebrates match point against Novak Djokovic of Serbia yesterday at the U.S. Open. Federer defeated Djokovic 7-6 (7), 7-5, 7-5 and will face Juan del Potro in today's final.

Detroit loses 18th straight

NFL ROUNDUP Drew Brees looked even better than last year, which was bad news for a Detroit Lions team trying to win for the first time since 2007.

Brees passed for 358 yards and a club record-tying six TDs to lead the New Orleans Saints to a 45-27 win yesterday, extending the Lions' regular-season losing streak to 18.

Two of Brees' touchdown passes were to Jeremy Shockey, who hadn't scored since being traded from the New York Giants last season.

Vikings 34 Browns 20 — At Cleveland, Brett Favre threw a six-yard touchdown pass to rookie Percy Harvin in his debut with the Vikings, and Adrian Peterson scored three touchdowns.

Making his 270th consecutive start after a will-he-or-won't-he flirtation that dominated NFL headlines this summer, the 39-year-old Favre showed he can still fire the football with authority.

Elsewhere it was: Denver 12 Cincinnati 7; Philadelphia 38 Carolina 10; New York Jets 24 Houston 7; Baltimore 38 Kansas City 24; Dallas 34 Tampa Bay 21; Atlanta 19 Miami 7; Indianapolis 14 Jacksonville 12; New York Giants 23 Washington 17; San Francisco 20 Arizona 16; and Seattle 28 St. Louis 0.

Green Bay hosted Chicago in the late game.

THE ASSOCIATED PRESS

Michigan cracks Top 25
Michigan, unranked all of last season while finishing 3-9, is No. 25 in The Associated Press U.S. college football poll released yesterday. Florida remains No. 1, receiving 56 first-place votes. Texas is still No. 2. THE ASSOCIATED PRESS

Doubts plague signing

JDG to TFC great for club, maybe not for national team

It's Called Football

metronews.ca/itscalledfootball

Friday marked a special day for Canadian fans of the beautiful game.

Our country's best player — arguably the most talented in North America at present — decided to return home in the prime of his career to play club soccer.

In any other country, such a move would have been heralded as a resounding success. So, why has there been so much grumbling about Toronto FC's signing of defensive-midfielder Julian de Guzman?

The consensus among those who don't wear the TFC strip religiously is that the quality of the Canadian national team will diminish if our top-flight players begin to regularly seek out MLS with its larger paycheques and lower level of play.

Top-level talent needs to play top-level competition to maintain its edge and, in the absence of it, quality players will rest on their laurels, content to ride out their careers and collect their dollars.

It's an argument without much cause. American fans made a similar case in the late 1990's as MLS came on the scene. If American players, the argument went, were given a domestic option, they would never strive for more and the quality of play would drop off. Ultimately MLS has had the opposite effect. American players still seek to play overseas, but those who play domestically make up a third of the U.S. national squad. The U.S. hasn't missed a World Cup since 1990.

Julian de Guzman

There is another issue that has some concerned: The belief that TFC doesn't have the best interests of Canadian soccer at heart. At this year's Gold Cup, Canadian players Dwayne DeRosario, Adrian Serioux and Jim Brennan all opted to stay home with the club.

In a year in which the Gold Cup didn't really matter (qualification for the Confederations Cup was not at stake) it's certainly acceptable for players to make that choice.

But what are troubling are the suggestions, made to me by more than one agent, that two of those players received a bonus from TFC for having stayed with the team.

If true, it sets a dangerous precedent. With Vancouver joining MLS in 2011 and Montreal likely not far behind, the success of our national team will be linked more than ever to domestic clubs. If teams put their own petty interests ahead of the national game, it will undermine all that is being done to grow soccer here — and that includes bringing players like Julian de Guzman home.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Tigers win battle of rookie pitchers

MLB RESULT
Toronto 2 Detroit 7

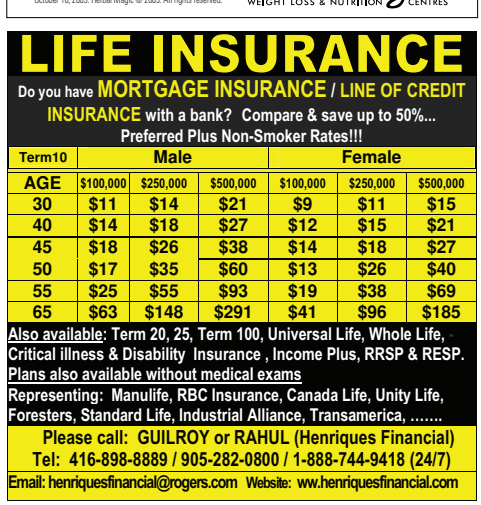
AT

BASEBALL Gerald Laird and Brandon Inge each had two RBI, helping the Detroit Tigers snap a season-worst five-game skid with a 7-2 victory over the Toronto Blue Jays yesterday.

Rick Porcello won a matchup with fellow rookie Ricky Romero. Porcello (13-8) gave up two runs on four hits in six innings to improve to 3-0 in his last four starts.

Romero (12-8) also went six innings, allowing four runs on 10 hits.

THE ASSOCIATED PRESS



Sports in brief

ROUGHRIDERS Running back Wes Cates scored three touchdowns and Luca Congi booted six field goals as the Saskatchewan Roughriders pummelled the Winnipeg Blue Bombers 55-10 yesterday in the Banjo Bowl rematch.

ALOUETTES Avon Cobourne's 12-yard touchdown run in the final minute allowed the Montreal Alouettes to rebound from a mistake-filled second half and post a 28-24 victory over the B.C. Lions yesterday.

LPGA Jiyai Shin shot a 7-under 64, then won in a sudden-death playoff to capture the P&G Beauty NW Arkansas Championship yesterday.

METRO NEWS SERVICES

BMW drives Tiger to top of FedEx Cup

GOLF Tiger Woods left the drama to everyone else at Cog Hill.

One day after his course-record 62 gave him a seven-shot lead, Woods made sure no one else had a chance yesterday in the BMW Championship. He closed with a 3-under 68 for an eight-shot victory over Jim Furyk and Marc Leishman.

It was his sixth victory of the year, and assured Woods the No. 1 ranking going into the final tournament of the FedEx Cup and its $10-million US prize. Woods won for the fifth time at Cog Hill, and it was his 10th career victory by at least eight shots.

"It felt like we had a tournament within a tournament," Furyk said. "Tiger was seven ahead. He was kind of running away. It was kind of a tournament for second place."

That other tournament wound up being quite a show.

Furyk's runner-up finish moved him up 15 spots to No. 3, meaning he can win the FedEx Cup with a victory at the Tour Championship. Leishman, who only qualified for Cog Hill by making an eagle on his last hole a week ago outside Boston, earned his first trip to the Tour Championship and will have an outside shot at the $10 million.

THE ASSOCIATED PRESS

Canadians

- Calgary's Stephen Ames finished in a tie for 15th after hitting a 69, while Mike Weir of Bright's Grove, Ont., was in a tie for 20th after shooting a 71.

Niagara College launches new brand

Last week, Niagara College introduced a new logo and wordmark, which includes a blue circle "nc" icon and a supporting logo with the phrase "my nc." The college's new tagline is "Applied Dreams." METRO NEWS SERVICES

Workology

U of T calls for universities to pay up

Beginning Oct. 1, the University of Toronto will require library users from other universities in Canada to pay a fee of up to $200 per year for using its library services. The move is drawing criticism from some graduate students who rely on U of T's rare and extensive book collection, saying they are already strapped for cash. One professor called the decision a breach of an accord that permits students, faculty, and staff from universities across the country to use library resources. TORSTAR NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Taking 'green' to the top

Green Garage founder can make your roof a living plant oasis

OddJobs

Diane Peters

Metronews.ca/oddjobs

Seen here are some green roof gardens that Colin Viebrock and his company, Green Garage, have installed.

The Lowdown

Job title: Green roofer
Education/training: Learned through a home renovation program, by reading about it and doing it
Best part of the Job: "Getting in the dirt. And getting a garden in and seeing it fill out."
Worst part of the Job: "Carrying the stuff up to the roof can be a bit tricky. And telling someone they can't do a garden on their roof."

Colin Viebrock's garage is very cool. It's custom made with stylish wooden slats on its exterior walls and a workshop inside. Plus it has a garden on the roof.

The pretty mixture of sedum, lavender, chives and other low plants lowers the surrounding air temperature — very cool — in summer, and helps insulate the garage in winter.

Viebrock, 38, had no intention of being on the cutting edge of green innovation when he sold his share of a downtown Toronto Internet company back in 2005. "I decided I wanted to build something real as opposed to things that weren't really real."

He didn't know what that was, but he'd always loved architecture and design and knew the design program AutoCAD. His garage was about to fall down and he called around trying to find someone to help him put a green roof on it. No one would work in such a small space.

So he spent the summer of 2006 rebuilding the garage and equipping it with a roof garden — the roof tilts slightly so he can see the greenery from the third floor of his house.

The blog he wrote about the project garnered interest. So that winter he took some home renovation courses at nearby George Brown College and then launched Green Garage and began installing green roofs on everything from sheds to houses.

For existing buildings, Viebrock starts by having an engineer assess the structure to see if it can withstand a minimum of three inches of soil. (When Viebrock designs the building, he makes it tough enough to take six inches.)

Viebrock then builds up the garden in layers, including a waterproof membrane, small rocks or gravel (for drainage) and an irrigation drip line.

Then comes a special lightweight soil that's a mix of compost and crushed stones and brick, which he carried up on the roof by hand using a ladder.

Finally, Viebrock puts in the plants — he's always experimenting to find a bigger variety that will grow on roofs.

He returns for a few visits after an install to check on the roof and do some weeding. Within about two years, garden fully fills in and needs little maintenance.

For small jobs, Viebrock will work alone using a rented van, but he'll hire a team for larger projects.

He can build a roof garden almost any time of year, but the final planting happens in just the fall and spring.

In the winter, Viebrock keeps busy doing interior designs and renovations.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Workology in brief

STORMY DAYS AHEAD STILL FOR ONTARIO LABOUR

Although the forecast for national hiring climate is looking bright for fall, Ontario's hard-hit labour market still looks stormy, according to the latest study by Manpower Canada. The survey says that employers are cautiously optimistic about hiring prospects for the fourth quarter of 2009, from October to December. The sectors in Ontario with the best hiring intentions include wholesale and retail, finance, insurance, real estate and education, while the sectors predicting job cuts include public administration, manufacturing of durable goods, construction and public utilities. Manpower says the best places to find employment in Ontario this fall are in Cornwall, Barrie, Kingston, Thunder Bay and Kitchener/Cambridge.

STUDENTS FLOCKING TO COLLEGES IN ORDER TO GET A JOB FAST Colleges Ontario just announced that for the third year in a row, enrollment for first-year, full-time students at Ontario colleges has significantly increased. More than 102,000 students enrolled at 24 public colleges around the province, up seven per cent from last year. This is attributed to increased recognition that colleges produce graduates who are highly trained for their chosen careers. Approximately 90 per cent of college graduates find work within six months of graduation. Many university graduates are also going back to college in order to build on their postsecondary education.

HEATHER BUCHAN/ FOR METRO CANADA

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Stella paying up for TIFF tweeting

Toronto International Film Festival
TIFF

JON TATTRIE
for Metro Canada

Stella Artois is looking to snatch somebody out of their office cubicle and give them an insider's access to the Toronto Film Festival. There's only one catch: The insider has to tweet away about the hottest parties and coolest movies.

"We wanted to be able to provide access to Stella Artois fans so they can really take part," said John Robinson, who does marketing for the beer company. "We're looking at people who are major film buffs, party lovers, people that want inside access to the cool parties."

Living the high life for the duration of the festival — which runs through Sunday — is not going to be an easy job, Robinson said. "It's full on, ten days. They're going to be exhausted by the end of it, but that's why we're looking for those committed, excited individuals. They'll gives us an insider's perspective on what really goes on in some of these parties and screenings."

The same search is taking place in B.C. for the Vancouver Film Festival from Oct. 1 to 16.

While the insider doesn't need particular qualifications, it is a paid position and Stella wants to get its money's worth. Reviewing the latest Lars Von Trier film in a 140-character tweet is no easy feat. It requires a shrewd understanding of film and language, Robinson said.

"We want them to be able to capture the moment in a few short words. You have to be very efficient," he said. "These tweets can be anything. Not everybody's going to excited about what Brad Pitt is wearing, but everyone's excited about film in some regard."

Fans who want the inside scoop can follow the winner via the insider's own Twitter account or go to Clubstellaartois.ca, which will aggregate a number of people tweeting at the festival, including the insider.

"It's full on, ten days. They're going to be exhausted by the end of it ... They'll gives us an insider's perspective on what really goes on (at TIFF)."
John Robinson

TIFF insider

- You can follow the TIFF Insider @IskanderBenAmor.

What can we expect from the economy

FUTURE MARKETS According to a new survey, managers are planning to hire a combination of workers to support both long- and short-term initiatives. Fifty-three per cent of employers expect to hire full-time employees over the next 12 months while 40 per cent will hire contract, temporary or project professionals and 39 per cent will add part-time employees.

The recently released Employment Dynamics and Growth Expectations (EDGE) Report from Robert Half International and Careerbuilder provides an overview of the current employment situation, as well as a glimpse of the future hiring landscape.

"Companies already are identifying the key skill sets they will need in new hires to take advantage of the opportunities presented by improving economic conditions," said Max Messmer, chairman and CEO of Robert Half International. "Firms that cut staffing levels too deeply may need to do significant rebuilding once the recovery takes hold."

WHERE JOBS WILL BE ADDED:

Customer-facing roles are indispensable in good times and bad. In the current economy, hiring managers consider customer service the function most critical to their organization's success, followed by sales, marketing/creative and technology. Public relations/communications, business development and accounting/finance round out the list.Looking ahead, respondents cited technology, customer service and sales as the departments that will add positions first. Marketing/creative, business development, human resources and accounting/finance also were cited.

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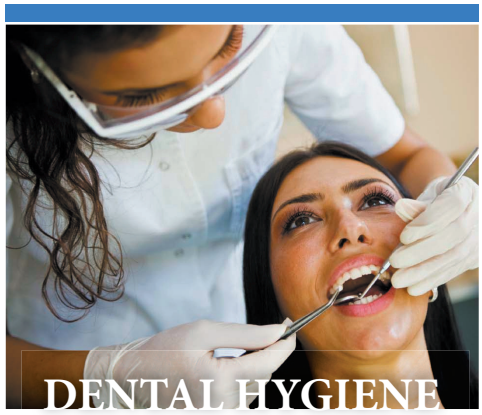
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Brock breaks ground for bioscience research complex
Brock University in St. Catharines, Ont., held a groundbreaking ceremony last week for its $111.4-million, 169,000-square-foot, Niagara Health and Bioscience Research Complex. METRO NEWS SERVICES

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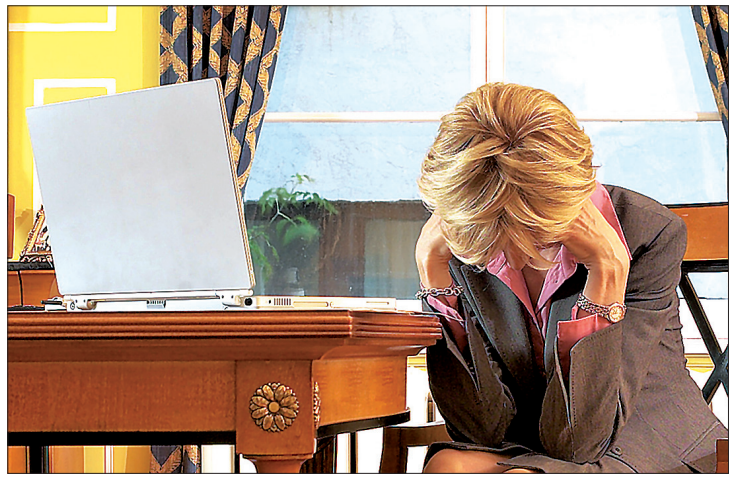

Having to go back on the job hunt after years off can be frustrating, especially if it is because your spouse is unexpectedly laid off. However, there are services out there, such as Times Change Women's Employment Services in Toronto, that can help you.

As spouses lose jobs and the pressure mounts to bring in money, the recession is forcing some stay-at-home parents back into the workforce sooner than expected.

"They're dealing with the fact that their education is now old, their skill set is often not up to par, particularly as to do with computers," says Anne Brunelle, an employment counsellor at Times Change Women's Employment Service, a not-for-profit organization based in Toronto. "It's a matter of figuring out what skill set they have been working on as stay-at-home moms that they can transfer into the workforce."

Jumping back into work after a decade or more can be scary. "They (may have been) expecting eventually to go back, but they thought they could take a bit of time. Then their spouse loses a well-paying job and they both end up looking for survival jobs so they can keep the house and keep the kids fed," Brunelle says.

Many stay-at-home parents have been involved in volunteer work through sports their kids are involved in, or may have written newsletters for the school or helped with fundraising. These are "transferable skills" that can spruce up a dusty resumé.

"We have a career-planning workshop … where women tell the stories of tasks they've done and then the rest of the group tells them what they saw as skills and accomplishments," she says.

"For women who are desperate in the short term, we figure out what they can do that is not so skilled. How can they sell themselves as someone who works at a grocery store, even though that wasn't what they had done before and they may be well overeducated for it?" she says. "It can very difficult to say, 'I've was a librarian and have my master in library sciences, but they no longer recognize what I've got. I have to do something; do I end up working in a book store where I used to run a library?'"

Once the basic fiscal emergency has passed, parents can use courses at colleges or public libraries to update their computer skills. Many clients Brunelle sees don't have email accounts: Get one, or you'll look outdated.

"The Facebook account you share with the kids isn't enough," she says. Then, look at furthering education. "While employers may not recognize a 15- or 20-year-old education, education institutes sometimes will."

That can slingshot you back into a career path that is satisfying — and pays the bills.

> **"It's a matter of figuring out what skill set they have been working on as stay-at-home moms that they can transfer into the workforce."**
> Anne Brunelle at Times Change Women's Employment Services

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Kudos for Kiefer

Kiefer Sutherland, right, has been named as chair of the Canadian Film Centre's Conservatory, an on-screen training program for actors. The inaugural session launches on Monday, Sept. 21. METRO NEWS SERVICES

TIFF Toronto International Film Festival

EDITORS: DEAN.LISK@METRONEWS.CA & STEPHANIE.BOMBA@METRONEWS.CA

Stars align in T.O.

Metro brings you the latest from this weekend's events

SEAN KILPATRICK/THE CANADIAN PRESS

Mariah Carey shines at a news conference for the film Precious: Based on the Novel Push by Sapphire yesterday.

RICK BELL PHOTO

From left: Shawn Quinn, Joy Sanguedolce, Matt Damon, Liz Aviado and Metro English Canada's Group Publisher, Bill McDonald.

Canadian actress Kristin Booth shone at the TIFF opening at the Liberty Grand this weekend.

ENZA ANDERSON /FOR METRO TORONTO

Actress Kim Cattrall, left, was at the George Christie Luncheon at the Four Seasons this weekend, while Olivia Wilde, above, was snapped at the Artists for Peace and Justice event at the Windsor Arms.

ENZA ANDERSON/FOR METRO TORONTO

ENZA ANDERSON/FOR METRO TORONTO

Actress Dana Delaney is all smiles at the Artists for Peace and Justice event at the Windsor Arms.

Colin Farrell, above, dropped by the Artists for Peace and Justice event at the Windsor Arms, while Steve Nash, left, made an appearance at the Harry Rosen party at Harry Rosen on Bloor Street.

ENZA ANDERSON /FOR METRO TORONTO

ENZA ANDERSON/FOR METRO TORONTO

Actress Tilda Swinton was at the George Christie Luncheon at the Four Seasons.

SEAN KILPATRICK/THE CANADIAN PRESS

Actor Ewan McGregor hits the red carpet for the premiere of The Men Who Stare At Goats.

Correction & apology

• In an article headlined "Rabbi slams TIFF protest" published in the Friday Sept. 11 edition of Metro, we erroneously reported that directors David Cronenberg, Norman Jewison and Ivan Reitman were among those opposed to TIFF's City to City spotlight on Tel Aviv. In fact, these three directors are in support of the Tel Aviv spotlight and have criticized those opposed to the program. Metro also incorrectly reported that Penelope Cruz, George Clooney, Julianne Moore, Oprah Winfrey and Chris Rock opposed the City to City spotlight on Tel Aviv. Metro regrets these errors and apologizes to each of these individuals.

METRO NEWS SERVICES

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Visit metronews.ca/tiff for the latest on the Toronto International Film Festival, including photos, videos, and a blog.

TIFF • Toronto International Film Festival

Six more nights of mayhem

Missed this past weekend's mixers? Not to worry, there are six more nights of festival party mayhem.

As the week kicks off with big-name gala favourites like **Whip It** by actor-turned-director **Drew Barrymore**; **Chloe** by Canadian director **Atom Egoyan**; and **Invention of Lying** starring **Jennifer Garner** and **Rob Lowe**, so too does tonight's after-party red carpet lineups.

GETTY IMAGES FILE PHOTO

Naomi Watts will be at the Swarovski Gallery Store today.

TIFF after dark
enza.supermodel.anderson@gmail.com

Swarovski Gallery Store on Bloor at Yonge gets the cocktail party started with a pre-cocktail gathering for the cast of **Mother and Child**. Look for boldface notables: **Naomi Watts**, **Annette Bening**, **Kerry Washington** and **Samuel L. Jackson** to rush the blue carpet. Runs from 5 p.m. to 7 p.m.

Things get a little greener at the **Leaves of Grass** after-gala gathering at **Cheval** on King at Portland. Hulkster **Ed Norton** will be taming his inner demon for the reception. Joining him is co-star **Keri Russell** with singer-turned-DJ, **k-os**. The green carpet arrival starts at 10 p.m.

FestivalBlog

For the latest star sightings, insider scoop and TIFF happenings, visit our festival blog at metronews.ca/tiff

Defendor's stars hit the town

InFocus
Richard Crouse
metronews.ca/infocus

GLOBAL TELEVISION/JOY SCHELLER

Actors Woody Harrelson, left, and Michael Kelly share a laugh at ET Canada's Festival Central on Saturday night.

Who could have imagined that one of the hottest parties at this year's TIFF would happen on the top level of a parking garage in the heart of Toronto's trendy Yorkville district?

On Saturday night, the stars of the gala film Defendor — along with hundreds of other party-goers and scene-makers — held sway at ET Canada's Festival Central, a glamorous "pop up club" high atop an industrial building.

The setting was a good match for the movie, which is a mix of star power — Woody Harrelson, Kat Dennings and Elias Koteas — and downtown urban grit. It's the story of Arthur Poppington (Harrelson), a regular man whose rich inner life spills out into his regular life. By day, he's dead-end-job-Arthur but by night, he's the homemade superhero Defendor who combs the streets of Hamilton in search of his arch-enemy, Captain Industry.

Wearing pink wristbands (All Access!), the stars of Defendor and other celebs (including Being Erica's Erin Karpluk; Bridget Nickerson, Miss Canada International 2010; The Guard's Steve Bacic; and TIFF favourite Kristin Booth) walked the red carpet on their way to mix and mingle in the elegant open-air club.

Michael Kelly, who plays Arthur's boss in the film, told Metro that now that the premiere was done, he could take some time and relax in Toronto. The former Sopranos star said, "Tomorrow I'm going to go watch NFL football at Gretzky's, which I do whenever I'm in town, then I'm going to go to Burrito Boys and then go to Barbarian's tomorrow night. I've got it all planned out. Toronto is one of my favourite spots."

The Canadian-born New York-based (and Robert De Niro look-a-like) Elias Koteas, who plays Arthur's rival in the film, will be spending some time with his old friend and director Atom Egoyan. "I'm going to Chloe tomorrow and we're doing a screening of The Adjuster on Wednesday night.

"I haven't seen it in 19 years," he says of the TIFF film that helped launch his career. "It'll be wild to see myself at 28-years-old with all that hair."

Co-star Kat Dennings told Metro she loves the festival. "It's wonderful. Torontonians really embrace film and really love it. It seems like the whole city is really energized. There's a buzz. It's like a hive of Canadian film bees!"

For full coverage of the Defendor party, and a look at the fêtes for Chloe and Glorious 39, check out ET Canada weeknights at 7 p.m. on Global.

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel; mrchaos33@hotmail.com.

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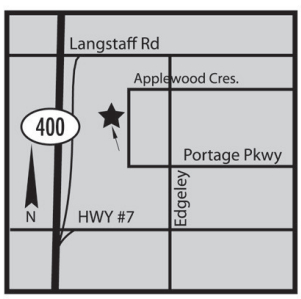

HELLO! on the red carpet

PHOTOS BY GEORGE PIMENTEL

ABOVE: Even with a broken hand, legendary crowd-pleaser George Clooney, 49, is still game for autographs at the premiere of Up In The Air at the Ryerson Theatre Saturday night.

RIGHT: Looking goddess-like in an asymetrical Roland Mouret gown, sultry Spaniard Penélope Cruz, 35, attends the premiere of her new film Broken Embraces at the Visa Screening Room at the Elgin Theatre last Thursday.

Pick up the latest issue of HELLO! Canada, on newsstands now.

Swag bags personally delivered to select group of stars

For celebrities, film festivals and awards shows are synonymous with freebies, a.k.a. swag. And while most swag is offered in "gifting lounges," one local PR firm has taken a different route at this year's TIFF, delivering bags filled with loot from Canadian companies directly to the hotel rooms of a select group of stars.

"We know that the stars have very hectic schedules when they come into town for the festival, so we wanted to create a simple way to get our sponsors' products into their hands," says Jumol Royes, who, along with Jessica Glover, founded Jsquared Public Relations five months ago.

Among the thousands of dollars' worth of loot in each eco-friendly **Me & You** bag: earrings from **Foxy Originals**, eco-friendly hair products from **Greg May Hair Architects** in Yorkville, travel socks from **The Great Canadian Sox Co.**, jewelry from **Trollbeads**, a conditioning eyelash enhancer from **Fusion Beauty**, and an organic scarf from Toronto's **Lilë Design**.

On Friday, 25 bags were delivered to hotel suites around the city occupied by the likes of **Vivica A. Fox**, **Mary J. Blige**, **Demi Moore**, **Paul Haggis** and **Matt Damon**.

– HEATHER BUCHAN /FOR METRO CANADA

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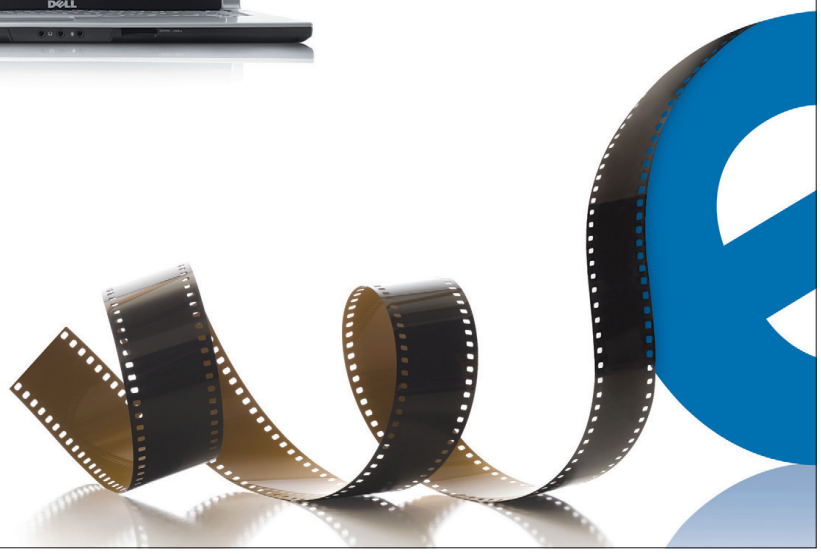


George Pimentel/WireImage for TIFF

Box office info
To buy tickets, call 416-968-3456 or 1-877-968-3456, or go to tiff.net/boxoffice.
You can also go to Roy Thomson Hall at 60 Simcoe St. to buy tickets from 7 a.m.-7 p.m.

TIFF • Today's film screenings and reviews

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Coen brothers back with Serious Man

A Serious Man
●●●●½

REVIEW There were a lot of mixed reviews about last year's Burn After Reading, but there should be no doubt that the Oscar-winning Coen brothers have returned to form with A Serious Man.

Set in 1967, the quirky, philosophical comedy focuses on a meek Jewish physics professor whose sudden bad luck sends him into a spiritual abyss.

Ditching big stars in favour of lesser-known Yiddish thespians gives the superb comedy an added authenticity. **Steve Gow/Metro Canada**

A Serious Man is a quirky, philosophical comedy that focuses on a meek Jewish physics professor.

The Road
●●●○○

REVIEW For fans of Cormac McCarthy's Pulitzer Prize-winning book, The Road, this adaptation will be curious viewing.

While hiring director John Hillcoat (The Proposition) was an excellent choice, the Australian auteur still struggles with turning the bleak novel into cinematic thrills.

He defiantly captures the dystopian look and feel, but the story of a man and his young boy trying to survive in a post-apocalyptic world strains to keep the suspense. **Steve Gow/Metro Canada**

The Damned United
●●●●½

REVIEW You don't have to be a soccer fan to groove on The Damned United.

Director Tom Hooper's lively, somewhat fictionalized portrait of legendary manager Brian Clough's 44-day mismanagement of Leeds United in 1974 is visually engaging, sharply written and occasionally downright hilarious.

Michael Sheen (Frost vs. Nixon) is brilliant as the cocky, rebellious Clough as is the great Timothy Spall as his right-hand man, Peter Taylor.

Forget I Love You, Man: outside of the intrigue and on field football action, The Damned United is ultimately the best "bromance" movie of the year. **Chris Alexander/Metro Canada**

George A. Romero's Survival of the Dead
●●●●○

REVIEW Call him what you want, no one can ever accuse maverick filmmaker George A. Romero of being conventional. Only vaguely connected to Diary of the Dead (one character crosses over) Survival of the Dead (the sixth in his cross-genre pollinating zombie series) is an arch, ultraviolent adventure that is as much an old-fashioned John Ford western as it is a horror film. Tons of bloody fun from a man who never stops experimenting. **Chris Alexander/Metro Canada**

Genius Within: The Inner Life of Glenn Gould
●●●○○

REVIEW It seems like there's been a load of documentaries made about Glenn Gould.

But the truth is, this thorough straightforward study manages to show how the mysterious Canadian musician fits into our psyche despite having died 27 years ago.

With a stunning array of archival footage highlighted by personal anecdotes from close friends, the movie doesn't break any new ground, but it's still an honourable dedication. **Steve Gow/Metro Canada**

Leslie, My Name Is Evil
●●½

REVIEW Woodstock's 40th anniversary received a lot of attention this year but another, equally important event from the summer of love hasn't been as celebrated — until now.

The Manson murders are the subject of the newest film from Canadian director Reginald (Monkey Warfare) Harkema.

A surreal retelling of the Helter Skelter killings, the subsequent trial and a juror who falls for one of the defendants, the movie is more interesting for its visual panache and ideas than actually entertaining.

This is a strange movie about a strange time. **Richard Crouse/Metro Canada**

ROY THOMSON HALL
60 Simcoe St.

Mother and Child (Gala Presentation) 6:30 PM
The Damned United (Gala Presentation) 9:30 PM

VISA SCREENING ROOM
Elgin & Winter Garden Theatre Centre, 389 Yonge St..

Whip It 11 AM
Harry Brown 2:30 PM
Glorious 39 6 PM
The Invention of Lying 9 PM

AMC YONGE-DUNDAS
10 Dundas St. E., 4th floor

Ajami 2 PM
The Sunshine Boy (Sólskinsdrengurinn) 2 PM
Giulia Doesn't Date at Night (Giulia non esce la sera) 2:15 PM
Accident (Yi Ngoi) 2:30 PM
Down for Life 3:30 PM
Castaway on the Moon (Kim Ssi Pyo Ryu Gi) 5 PM
Schmatta: Rags to Riches to Rags 5 PM
Beyond the Circle (Britter Bairey) 5:15 PM
Karaoke 5:30 PM
Genius Within: The Inner Life of Glenn Gould 6:15 PM
Northless (Norteado) 6:30 PM
Help Gone Mad (Sumashedshaya Pomosh) 8 PM
Cell 211 (Celda 211) 8 PM
Lebanon (Levanone) 8:15 PM
The Art of the Steal 8:30 PM
Crab Trap (El Vuelco del Cangrejo) 9:15 PM
Hugh Hefner: Playboy, Activist and Rebel 9:30 PM

SCOTIABANK THEATRE
259 Richmond St. W.

A Serious Man 9 AM
Triage 9:15 AM
Bran Nue Dae 9:30 AM
Solitary Man 10 AM
Trash Humpers 11:45 AM
Cairo Time 12 PM
The Secret in Their Eyes (El Secreto de sus ojos) 12:15 PM
George A. Romero's Survival of the Dead 12:30 PM
The Disappearance of Alice Creed 2:15 PM
Same Same but Different 2:30 PM
The Road 3 PM
Moloch Tropical 3:30 PM
Agora 5 PM
Wheat (Mai Tian) 6 PM
The Man Beyond the Bridge (Paltadacho Munis) 6:30 PM
The Hole 6:45 PM
Green Days 7 PM
Gaia 7:15 PM
Toad's Oil (Gama no Abura) 9 PM
The Day Will Come (Es Kommt der Tag) 9:15 PM
A Gun to the Head W/ 5 Dysfunctional People in a Car 9:30 PM

ISABEL BADER THEATRE
University of Toronto, Victoria College
93 Charles St. W.

An Afternoon with Chris Rock 4:30 PM
Tanner Hall 7 PM
A Single Man 9:30 PM

JACKMAN HALL
Art Gallery of Ontario,
317 Dundas St. W.

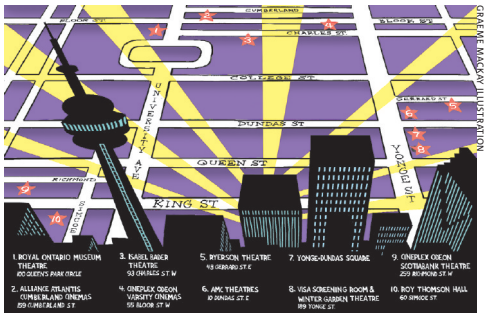
Short Cuts Canada Programme 3 3 PM
Short Cuts Canada Programme 4 6 PM
Wavelengths 6: Flash Point Camera 9 PM

RYERSON THEATRE
Ryerson University, 43 Gerrard St. E.

Get Low 12 PM
I, Don Giovanni (Io, Don Giovanni) 2:45 PM
Soul Kitchen 6 PM
Bitch Slap 11:59 PM

VARSITY
Manulife Centre
55 Bloor St. W., 2nd floor

Google Baby 3:15 PM
The Origins of Factum 5 PM
Phobidilia 6 PM
Leslie, My Name Is Evil 6:30 PM
Together (Sammen) 7 PM
Mall Girls (Galerianki) 7:30 PM



GRAEME MACKAY/ILLUSTRATION

My Queen Karo 8:15 PM
My Dog Tulip 9 PM
Colony 9:30 PM
Big Eyes (Einayim G'dolot) 10 PM

YONGE-DUNDAS SQUARE
1 Dundas St. E.

Stop Making Sense 12 PM
The Busher 3 PM
Neil Young Trunk Show 8 PM

WINTER GARDEN THEATRE
Elgin & Winter Garden Theatre Centre, 189 Yonge St.

Precious: Based on the Novel Push by Sapphire 12:30 PM
Ondine 5 PM

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Baby on the way for Brady
Tom Brady is finally talking about the good news: Wife Gisele Bündchen is, indeed, pregnant. In an interview on ESPN's SportsCenter, the 32-year-old quarterback reveals that the couple expects its baby-on-the-way in December. PEOPLE.COM

Entertainment

Role revival
Johnny Depp has confirmed he's sailing back to the Pirates of the Caribbean franchise by appearing as Captain Jack Sparrow at Friday's D23 Expo in Anaheim, Calif. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Back from the dead

Matt Damon is alive, well and promoting new movie

PHIL BROWN
for Metro Canada

Contrary to news circulating on the internet, Matt Damon is not dead. He's very much alive and was laughing about the ridiculous rumour at a TIFF press conference.

"I don't know why that happens. That's a really reckless thing to do. I had to call my parents and everything," said the actor. "I got forwarded the story and when you read it, it just gets sillier and sillier.

"By the end the guy who is supposed to be my agent is quoting the lyrics from the Fresh Prince Of Bel-Air. And yet my publicist got all these phone calls from very reputable sources. CNN called, the Boston Globe called. It was crazy."

Fortunately the living Damon was able to visit Toronto to promote The Informant, a new collaboration with director Steven Soderbergh in which the actor plays a bi-polar executive whistle-blower who awkwardly goes undercover for the FBI.

It's one of the actor's finest performances and one that he gained 30 pounds for a la Robert DeNiro in Raging Bull.

"I sent (Steven Soderbergh) an email about two months before we were going to make it asking, 'What do you want this guy to look like physically?' He just wrote back 'doughy,'" revealed Damon. "The rational was that Steven didn't want any hard edges on the character. He wanted him undefined as a metaphor for his personality. Of course, I only found out when I got there. I didn't question it. I just started eating," joked the actor.

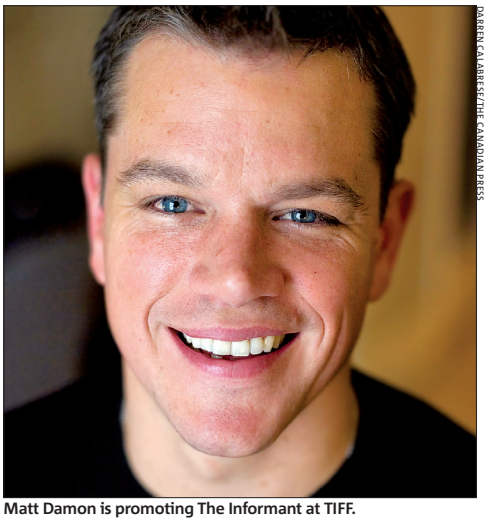
Matt Damon relished his physical change for the film, "It felt fantastic. I just ate whatever I wanted and thought about nothing but the screenplay and the other actors," said Damon. "It was really nice to not think about anything else, compared to a Jason Bourne movie where I come home from work and have to go straight to the gym. It takes too much time away from my family. I just prefer to eat."

The physical change pays off dividends in an almost chameleon-like performance from Damon. The actor's strong work is the centerpiece of a movie that Damon revealed he and Soderbergh had been toying with for years. "Scott Burns wrote it seven years ago and we've been sitting on it. We would refer back to it once or twice a year and we'd examined it enough to know that all the answers we needed were in the actual text when we started shooting. It was almost like doing a play."

Toronto International Film Festival
TIFF

Want to see it

- The Informant screens Tuesday at the Ryerson Theatre at 3 p.m.



DARREN CALABRESE/THE CANADIAN PRESS

Matt Damon is promoting The Informant at TIFF.

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metro

Miller's ocean inspiration
Nicole Miller seemed to take inspiration from the ocean for her 2010 spring collection: There were mashups, slashes and asymmetrical dresses. THE ASSOCIATED PRESS

A softer, gentler look

NY Fashion Week puts away the armour for spring 2010

Since the economic downturn began, fashion designers have brought us plenty of hard-edged looks: rock-star leather, gladiator shoes, '80s-style shoulder pads.

The message was clear enough — fashion was preparing us for battle.

But for spring 2010, designers seem to be asking instead: Who wants a hug?

A softer, easier look dominated as New York Fashion Week entered its third day on Saturday. The look was, if not comfortable, at least less armour-like. At Adam, the soothing cream-and-beige palette was jazzed up just a bit with copper discs and seashells, and the heart of the Lacoste collection were easy, breezy apres-beach styles.

There were also several vibrant and optimistic looks: Lacoste sent models out for a finale in bright, sunshine yellow, from sunglasses to slip-on flats. Georges Chakra presented a series of candy-colored dresses.

But such a sunny disposition seemed a little out of place at the Mercedes-Benz Fashion Week tents, where the audience was still in almost all black, shod in gladiator sandals or studded boots.

Lay down your armour? The crowd says, not yet.

Christian Siriano

Designers from Project Runway have come and gone — sadly, mostly gone. But Christian Siriano has shown he plans to stay.

Siriano's spring 2010 collection was his third following his stint on the reality show, and in that time he's made his way to the windows of Saks Fifth Avenue and to the shoe aisles of Payless.

The collection was a lush take on Mediterranean travel, concluding with three intricate ball gowns that elicited spontaneous applause from a crowd that included actresses Mena Suvari and Tori Spelling and model Alessandra Ambrosio.

Adam

Adam Lippes' spring collection continued the season's move toward an easier, more elegant silhouette. The clothes also had a feeling of luxury — even if it was understated — something that had largely been missing from fashion the last season or two.

The cream ostrich feather skirt with wood and shell embroidery certainly made a statement, but paired with a simple linen tank, struck the right balance. A grey silk trench oozed sophistication.

An interpretation of a floral print had sharper lines than one typically expects from girlie flowers, but that gave it a modern feel and kept with the idea of a season of transition.

Lacoste

Fashion Week is all about what's new, what's next, but that doesn't mean the basics should get bashed. Lacoste creative director Christophe Lemaire sent out a spring collection that was cheerful, youthful and wearable — nothing wrong with that.

Starting off with tennis whites, most styles were cut long and lean, including the polo shirts.

The heart of the collection was the easy, beachy clothes that were inspired by 1920s photos of Jacques-Henri Lartigue, who "captured a generation of leisure for whom life was simple, sporty and chic." THE ASSOCIATED PRESS

RICHARD DREW/AP PHOTO

GETTY IMAGES

Christian Siriano's New York runway show culminated with intricate, lush ball gowns; while Lacoste captured the simple, sport chic 1920s generation (far left).

Wu-ing the crowd

• Jason Wu seemed to have a different woman in mind: someone who could get away with feathers and very short skirts. Not that there weren't outfits for Mrs. Obama, who famously wore Wu's designs to the inaugural ball. There were tweed pants- and skirt-suits that were ladylike but not dated or stiff. THE ASSOCIATED PRESS

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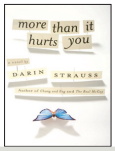
168 09/09

In search of husband

The Wife's **Tale**

Authors: Lori Lansens
Publisher: Knopf Canada
Price: $29.95 (Hardcover)

Mary Gooch has grown unhealthily helpless in Leaford, Ont., drifting from her husband, decaying at a tedious job and depressed by her constant struggle with weight as a result of excessive eating. On the Gooch's 25th wedding anniversary, Mary's husband suddenly goes missing, forcing her to find the courage she's never had to muster. Mary takes a plane to Los Angeles, Calif., spurring a cross-country trip to find her missing high school sweetheart. In the process, Mary discovers herself, introduced to social and cultural differences that change her outlook on life and mobilize her to overcome her obesity.

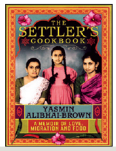


More Than **It Hurts You**

Author: Darin Strauss
Publisher: Plume
Price: $18.50 (Paperback)

Long Island, N.Y., salesman Josh Golden's family and entire judgment system are shattered the day his eight-month-old son Zack is rushed to hospital. The infant had very recently suffered serious, unexplainable symptoms, but pediatric head Dr. Darlene Stokes places diagnosis instead on Josh's wife Dori, suspecting she has Munchausen syndrome. The ailment pinpoints the parent as the cause of injury in order to gain attention, shocking Josh. Suddenly, he's pitted against his wife, lawyers, media and the state, caught up in a battle for his son, coloured by his own racial and class-based biases.

BookPicks



The Settler's **Cookbook**

Author: Yasmin Alibhai-Brown
Publisher: Protobello Books
Price: $29.95 (Hardcover)

In Yasmin Alibhai-Brown's succulent new memoir, the multicultural commentator traces her heritage in terms of travel and the tongue. Her 19th century ancestors left India for East Africa to pursue work, then were forced from Uganda as part of an Asian purge in 1972 and finally settled in the U.K. Their historically transitioning sense of home is expressed through cultural variations on food Alibhai-Brown has experienced, acting as equal parts family biography and cookbook. From hot mango marmalade to Jena's Shepherd's Pie, Alibhai-Brown brings readers on a palatable journey through the past.

BRIAN COULTON/ FOR METRO CANADA

Stars shine for Walk of Fame

Canadian Howie Mandel almost said "no deal" to the now hugely successful game show he hosts, and audiences have his wife to thank for changing his mind.

"I actually said no to that show," Mandel, the host of Deal Or No Deal said before the 2009 Canada's Walk of Fame ceremony in Toronto Saturday. "My wife, another bright comedian — Canadian, she's not a comedian — told me to do it and that's why I did it. I listened. She said, 'Take the deal,' and it's the best advice I ever got."

Mandel was among an eclectic cast of eight group and individual inductees this year to Canada's Walk of Fame. Actress Kim Cattrall, Musicians Blue Rodeo and Tom Cochrane, author Robert Munsch, Dsquared2 identical-twin fashion designers Dean and Dan Caten, athlete Chantal Petitclerc and the late actor Raymond Burr from TV's Perry Mason were all honoured with stars.

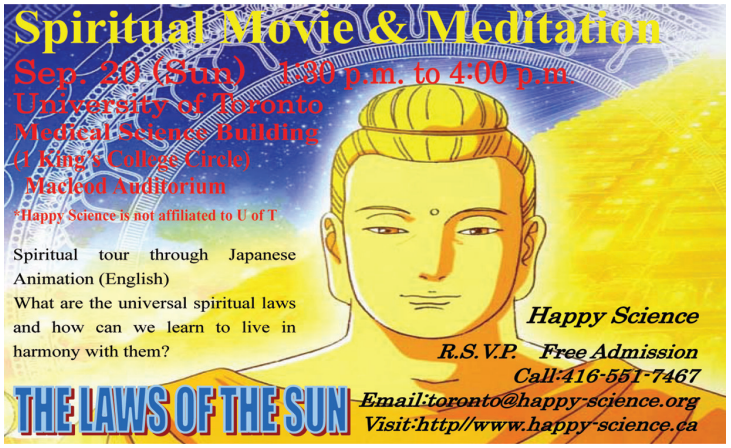
SEAN KILPATRICK/THE CANADIAN PRESS

Canada's Walk of Fame inductee Kim Cattrall unveils her star in Toronto Saturday.

Also receiving her award — more than a decade late — was Canadian icon Anne Murray, who said she couldn't pass up an opportunity to host the event.

Cattrall, best known for the Sex and the City TV show and movie, said she was deeply honoured to be inducted to Canada's Walk of Fame this year.

THE CANADIAN PRESS



I hated the extra pounds on my body!

Now there is good news for anyone who wants to lose weight. New research shows that you can make your body burn more calories and thereby shed weight, without changing your diet! Bioactive substances from chili, green tea and other plants can help you lower your appetite and increase your metabolism, so fat burning occurs.

Helle from Denmark is one of the many people who have tried the new Chili Burn™ tablets and she is happy to experience life with a higher metabolism and the weight loss it creates.

"I found it very frustrating that some people with a good metabolism could eat almost whatever they wanted and not gain weight. I have always been an active person, but was never able to lose the excess weight."

Love handles

"I really love good food and wine, and I didn't want to give it up. But for as far back as I can remember I have had to live with love handles and a bulging stomach. I was very sad about it and tried lots of diets."

The scale showed the results

"When I tried Chili Burn, I felt it working right away. From the first day, I had more energy and less appetite. I took the product twice a day for two months and managed to eat a bit less, as well. Now I lost two dress sizes already, and the weight seems to be staying off."

A fantastic experience

"I have finally found something that works for me – it is fantastic! I had forgotten how good it feels to be slimmer and look better. There is no doubt I will be taking Chili Burn for a long time."

The natural fat burner!

Chili Burn is a product from Scandinavia. It contains only natural ingredients, such as green tea, chili, ginger, peppermint and dill. The product increases the amount of calories your body uses in a day, without any needed dietary changes or added exercise. As your body burns and wastes more calories, you steadily but surely, lose weight.

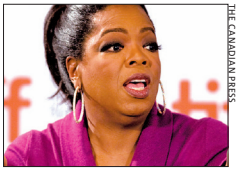
The Chili Burn tablets are mainly based on substances from chili and green tea. Clinical studies published in the scientific paper "Obesity" show how this exact amount of chili and green tea reduces body fat. The tablets have some added peppermint oil and ginger, in order to calm digestion, reduce bloating and limit flatulence. Finally, dill is used for its properties on cellulite fat deposits. This formula is unique and effective for slimming.

Chili Burn™ is a new natural fat burner, using the latest scientific studies on fat loss to help you lose weight safely and surely.

Chili Burn is available in Canada at participating pharmacies: **Loblaws, Superstores, Zehrs, Extra Foods, Shoppers Drug Mart, GNC and health food stores**. For more information, please call 1 800 261 4223 or visit us at **www.newnordic.ca**

Osbourne swears at women

Jack Osbourne swears at girls when they flirt with him. The Adrenaline Junkie host hates it when women he doesn't know try to speak to him and will shout expletives at them until they leave. FEMALEFIRST.CO.UK



THE CANADIAN PRESS

Oprah Winfrey

Audiences shouldn't be daunted by movie: Winfrey

Oprah Winfrey says audiences shouldn't be daunted by the dark subject matter of her latest film project.

Winfrey is the executive producer of Precious: Based on the Novel Push by Sapphire, which is screening at the Toronto International Film Festival.

It's about an obese Harlem teen who is the victim of repeated sexual abuse.

"It is so raw that it will suck the air out of the room," Winfrey told a news conference yesterday.

"It's a good thing that we are taken to that level of engagement."

Winfrey appeared at a news conference alongside the film's stars, including singer Mariah Carey and newcomer Gabourey Sidibe.

Winfrey said the film gives a voice to those who have experienced abuse like the film's title character.

"I have seen the Precioused of the world and they have been invisible to me," she said. "The message of this film is that none of us who see the movie can walk through the world and allow the Precioused to be invisible again."

THE CANADIAN PRESS

Big business enemy

PHIL BROWN
for Metro Canada

Documentary filmmaker and professional George Bush basher Michael Moore has returned.

The influential director brought his first film to TIFF 20 years ago and has now come back with his latest effort Capitalism: A Love Story, a comedic examination of how the banks and the Bush administration ruined the U.S. economy, easing us all into this wonderful recession. The controversial filmmaker has been rallying against big business since the start of his career, making this movie a career summation in an odd way. "I think all those films have lead to this place," Moore told Metro.

"I've always thought my films were about capitalism without having to name it," revealed Moore. "But it's become somewhat safe to talk about it now. Thanks to Joe The Plummer, Obama had a socialist moment, which then lead to Bush and everybody defending capitalism. I was thinking 'wow,' capitalism and socialism are two words we as Americans don't use very much in our discourse. Then I thought 'well all bets are off now, so I guess I can talk about it too.'"

CARLO ALLEGRI/THE CANADIAN PRESS

Director Michael Moore poses for a portrait at TIFF.

Toronto International Film Festival
TIFF

No one is more qualified to examine the poor decisions and shady back door dealings that led America to last year's economic meltdown and as a result Moore has created one of his best films to date.

Of course because the movie is very much a product of the director's personal opinions, it will inevitably be denounced by the same people who have been criticizing his work for years.

"I'm used to it," chuckled Moore. "if we'd had this discussion in 2004 with Fahrenheit 9/11 when I was in the minority in terms of being against the war and against Bush and I had said to you 'don't worry guys, Americans are good people. We'll get it sooner or later. Four years from now we'll elect a black guy for president.' I would have looked like a crazy person."

Farrell fights memory of war in Triage

ANNE BRODIE
for Metro Canada

There is tremendous excitement wherever Colin Farrell goes. He has just sailed down the midtown Toronto hotel hallway, greeting reporters and publicists, hugging old friend Brian Cox and smiling at the admiring faces gazing up at him. He is unfailingly polite.

Farrell's in town supporting Danis Tanovic's Triage, a brutal and uncompromising character study of a TV newsman who returns home from covering the war in Eastern Europe to find himself profoundly changed. Farrell lost 40 pounds to play the part. He says his character Mark was far more affected by what he saw standing behind his camera than he could have imagined.

"It was a three month shoot; you're spending 14 hours a day five or six days week immersed completely in the dark subject matter, playing Mark who is living in horror under an incredible burden of guilt."

Farrell says Mark was suffering from post traumatic stress disorder at the very least. "It was a long time coming. It was years of suppression and believing he was only viewing war objectively through the safety of the camera lens when in fact he was the subject of the war from day one."

Mark's return home to Dublin is not a happy one. He can't get the images of war out of his mind.

"He begins to understand how it has affected him" he says. "It manifests itself in many ways, emotionally, psychologically, his relationship with his wife, flashbacks and nightmares and physically."

Want to see it?

- Repeat screening of Triage today at 9:15 a.m. at the Scotiabank Theatre.

Mix of Six

Metro taps into today's best entertainment and event picks

MUSIC Britain's Little Foot performs at Wrongbar, 1279 Queen St. W., along with DJ Vaneska and Yes Giantess. Tickets are $18.50 in advance. Visit ticketweb.ca.

TIFF The Toronto International Film Festival enters its first full week, with feature length, shorts, documentaries and animated films taking place around the city. tiff.net

YONGE-DUNDAS The TIFF Live In Concert Film Series presents the North American Premiere of The Neil Young Trunk Show hosted by director Jonathan Demme tonight at 9 p.m. ydsquare.ca

CIRQUE Cirque Du Soleil's Ovo features a colourful world where insects play, work, eat and fight at the Port Lands on Cherry Street. cirquedusoleil.com

SCIENCE The Ontario Science Centre is examining the relationship between food and science with its exhibit Food! Sink Your Teeth into Science. ontariosciencecentre.ca

ART Festival See Isabella Rossellini's critically acclaimed short films and art installation highlighting the eco-challenges and reproductive habits of marine animals in a humorous way at the Royal Ontario Museum. rom.on.ca

- Have an event you would like to see listed? Send an email to listings@metronews.ca or tweet it to @metrotoronto

Elton to adopt child with HIV

Sir Elton John says he wants to adopt a 14-month-old boy from an orphanage for children with HIV/AIDS in the east of Ukraine. The 62-year-old singer made his announcement on a visit to Ukraine with his AIDS charity foundation. THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS

Tina Fey poses with her award at the Creative Arts Emmy Awards in Los Angeles Saturday.

Fey, Fox win Emmys

Tina Fey received an Emmy Award for her impersonation of Republican vice-presidential contender Sarah Palin on the TV comedy show Saturday Night Live.

Accepting her trophy for best guest actress in a comedy, Fey thanked SNL producer Lorne Michaels and her parents, "who are lifelong Republicans, for their patience."

She was honoured at the Creative Arts Primetime Emmys, which recognize technical and other achievements for the 2008-09 season and preceded next weekend's main ceremony. Fey has the chance for more awards: She could repeat last year's win as best actress in a comedy series for 30 Rock, and the show also could again claim top comedy honours.

Justin Timberlake was another SNL winner Saturday, honoured as best guest actor in a comedy series.

On the drama side, Michael J. Fox won the guest actor award for his turn on Rescue Me, and Ellen Burstyn was honoured as best guest actress for Law&Order: Special Victims Unit.

"I always wanted one of these," Burstyn said, winning her first Emmy after being nominated five times.

Kathy Griffin was host of the nearly four-hour ceremony, her trademark outrageous humour intact with risque jokes and filmed bits.

The top network winner was HBO with 16 trophies, followed by NBC with 11. THE ASSOCIATED PRESS

Entertainment in brief

TIFF TALK Michael Douglas he's amazed that his Wall Street character Gordon Gekko has become so iconic. The reaction to Gekko is "the wildest thing he's ever seen," the actor, 64, said at the Toronto International Film Festival. THE CANADIAN PRESS

Good Voices Wanted For TV and RADIO

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"Just Phone, Listen, Talk!" (416) 922-5988

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 11, according to studio estimates:

1. **Tyler Perry's I Can Do Bad All By Myself:** $24.03 million US
2. **9:** $10.9 million
3. **Inglourious Basterds:** $6.5 million
4. **All About Steve:** $5.8 million
5. **The Final Destination** $5.5 million
6. **Sorority Row:** $5.3 million
7. **Whiteout:** $5.1 million
8. **District 9:** $3.6 million
9. **Julie & Julia:** $3.3 million
10. **Gamer:** $3.15 million

THE ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/14/09	265	353	2	TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		Auschwitz:Nazi-Final Solution		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Under My Skin; Both Sides Now" (HDTV PA)				Melrose Place "Pilot"		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Super Spellers (N)		Comedy Fest.	Comedy Fest	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Conviction Kitchen (HDTV)		Law & Order: UK		The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	America's Got Talent The remaining eight acts perform.				CSI: Miami "Seeing Red"		CTV News
	218	345	11	E!	*The Purple Rose of Cairo* ★★★ (1985, Comedy-Drama)				*Dazed and Confused* ★★★ (1993, Drama) Jason London.				News at 11 (N)
	137	763	13	TFO	Panorama été	Météo	Visages	Villages	*Va savoir* ★★ (2001, Com. Sentimentale) Jeanne Balibar, Sergio Castellitto.				
	-	-	14	-	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Doctors
	213	326	15	SUN	The Insider (N)	George Lopez	*Rocky V* ★★ (1990, Drama) Sylvester Stallone.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Hollywood	How I Met	How I Met	Two/Half Men	Big Bang Th	CSI: Miami "Seeing Red"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent The remaining eight acts perform.				The Jay Leno Show (N)		News
	-	386	18	ABC	NFL Football Buffalo Bills at New England Patriots. From Gillette Stadium in Foxboro, Mass. (Live)							Bills Postgame	News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV)		Gossip Girl (N)		Russell Peters: Red, White		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Under My Skin; Both Sides Now" (HDTV PA)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	American Masters "Walter Cronkite: Witness to History"				Legacy of War (DVS)		
	297	652	330	WPX	Two/Half Men	Family Guy	One Tree Hill (N)		Gossip Girl (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil New York. (N)		WBZ News (N)	Frasier	Patriots 5th Quarter		Punk'd
	298	653	332	TLA	The Tyra Banks Show		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	One Tree Hill
news	502	390	26	NW	CBC News	Our World	CBC News: Tonight		CBC News: The National		Conspiracy Files Lockerbie		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		One Year Later: The Week That Shook the World (Live)				Banking on Geithner		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.						Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
	400	400	30	TSN	NFL Football Buffalo Bills at New England Patriots. (HDTV) (Live)						NFL Football: Chargers at Raiders		
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy (N)
family	551	542	25	YTV	The Next Star "Duets"		Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	The Next Star "Duets"		Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It		House-Sell	Save Us-House	Love It-List It
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Degrassi: TNG	So You Think You Can Dance Canada Top 16.				Dance
	615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Jason"		Intervention (HDTV) (N)		Hoarders (HDTV) (N)		Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Padrino Parte III (Parte 1 de 2)				George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Brooke Knows	Brooke Knows	The Daily Fix
	575	583	38	CMT	CMT on Tour (N)		Canadian Country Music Awards (N)				Highlights		Music Awards
	616	521	39	SHO	The Outer Limits		*Loch Ness Terror* (2008, Suspense) Brian Krause.				Bones		NCIS
	620	523	40	BVO	6 Possibilities	Sounds Like Motown		*Standing in the Shadows of Motown* (2002, Documentary)				Bravonews	Law & Order
	601	562	41	SLC	Rich Poor	Rich Poor	10 Pounds	10 Pounds	Re-Vamped Sore and tired.		Plastic-Perfect	Plastic-Perfect	ET Canada
	522	506	43	HIS	Hitler's Stealth Fighter		Patton 360 (HDTV)		Battles BC (N)		*Black Hawk Down* ★★★ (2001, War)		
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	The Comedy Central Roast		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*The Manchurian Candidate* ★★★ (2004, Suspense) Denzel Washington.				
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Hair Show* ★ (2004, Comedy) Mo'Nique, Kellita Smith, Gina Torres.					The Game	W. Williams
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Sir Arthur Conan Doyle's The Lost World* ★ (1998)				Stargate SG-1
	581	566	52	MTV	MTV Cribs	After	MTV News	Parent Control	The Real World		16 and Pregnant		MTV Live
	618	524	54	TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
	603	561	56	FOOD	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef: Las Vegas		At the Table	At the Table	Restaurant
	261	394	60	V	Murder, She Wrote		Green Grass	Summer Wine	McLeod's Daughters		Unscripted	Archaeologist	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	115	711	101	TVA	La Classe de 5e (N)		Rousseau (N)		Dr. House (HDTV) (SC)		TVA nouvelles	(10:45) Denis Lévesque (N)	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy "Requiem"		Missing "In the Midnight Hour"		The Closer		Da Vinci's Inquest		Mediums
	300	601	301	M1	Stargate Atlantis		Sanctuary "Nubbins"		Californication	Californication	Californication	Californication	Californication
	305	612	306	PIX	(7:15) *Austin Powers: International Man of Mystery*				*The Big Lebowski* ★★★ (1998, Comedy) Jeff Bridges.				*Cold Comfort*

critics'corner

Junk Raiders

In this new series, though, lots of people's trash becomes someone else's home. Armed with $5,000 and mad trash-picking skills, a group transforms an old factory space into a functional and attractive loft for living and working — using items other people have thrown out. You'll pick up some ideas for re-using old stuff. 9 PM on DIS

How I Met Your Mother

After Ted nearly kills himself pulling an all-nighter to attract business, he starts to wonder if he should explore other career options. Marshall tries to lure Ted to the roof for a surprise 31st birthday party in "The Leap." 8:30 PM on CBS

Intervention

The phrase "a very special episode" is worn out by now, but this hour — titled "Intervention in Depth: Addiction in Uniform" — definitely qualifies with its poignant yet inspiring depiction of three Iraq veterans who have fallen into substance abuse as a result of their wartime experiences. 9 PM on A&E

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Damon's outnumbered

As the only male in a household of four females, Matt Damon's life is filled with love and fairy princesses. "I call it the testosterone deficit. But I'm happy with that," he told People at Friday's premiere of The Informant at the Toronto International Film Festival. METRO NEWS SERVICES

Celebrity Buzz

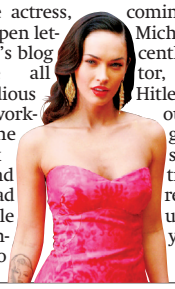
Stewart decks the halls with garlic to ward off vampires

LIFE IMITATING ART Kristen Stewart is scared of vampires, femalefirst.co.uk reports. The Twilight actress, who plays Bella in the vampire film franchise, is so terrified of the mythical blood-sucking creatures that she festoons her home with cloves of garlic in an attempt to deter them.

A source told National Enquirer magazine: "People are always remarking how smelly it is, but Kristen doesn't care. She's been afraid of vampires for years, even before she signed up to do the movies, and read somewhere that garlic is supposed to repel them." METRO NEWS SERVICES

Transformers crew members blast 'dumb-as-a-rock' Fox

BUNFIGHT Crew members from Megan Fox's last Transformers film are lashing out at the actress, writing in an open letter on the film's blog that they've all shared "the tedious experience of working with the dumb-as-a-rock Megan Fox," and that they "had the unbearable time of watching her try to act on set," according to Radar Online. The unidentified crew members were coming to the defense of Michael Bay after Fox recently trashed the director, comparing him to Hitler. Bay "plucked her out of obscurity thus giving her the biggest shot of any young actress's life," the letter reads. "She's as about ungracious a person as you can ever fathom." METRO WORLD NEWS



Tila decries decision to drop charges against Merriman

INVESTIGATION Charges against Shawne Merriman alleging that he assaulted and choked girlfriend Tila Tequila have been dropped, according to the New York Daily News. "Our office has determined there is insufficient evidence to prove beyond a reasonable doubt that any crime was committed," a police spokeswoman said in a statement. Tequila was less than thrilled with the decision. "Obviously, The San Diego Chargers' NFL franchise brings millions of dollars in revenue to the city of San Diego, and it seems clear that other interests are being served by the D.A.'s office than the upholding of the law," her publicist said in a statement. METRO WORLD NEWS

No Idol judging for Gaga

JUDGE NOT LEST YE BE JUDGED Lady Gaga hates TV talent shows, femalefirst.co.uk reports. The singer has no interest in being a judge on American Idol, insisting she would find it difficult to criticize someone else's talent. She said: "I did appear on the show but I am not going to be a judge. I generally feel uncomfortable judging other artists anyway. I don't feel that a musician's life is a contest." Gaga has also slammed shows that thrust new artists straight into the limelight, claiming they should spend time nurturing their talent. She said: "It's more about growing and struggling and playing live. It would be very uncomfortable for me to judge someone else."

A host of celebrity judges including Victoria Beckham, Shania Twain and Mary J. Blige have appeared on American Idol after Paula Abdul decided not to return for the new season. Last week, it was announced Ellen DeGeneres has replaced Paula on the judging panel, alongside Simon Cowell, Randy Jackson and Kara DioGuardi. METRO NEWS SERVICES

GETTY IMAGES PHOTOS

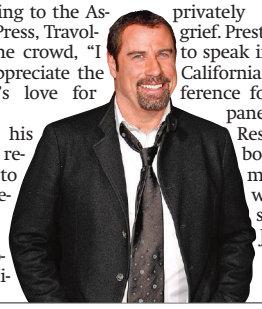
Travolta family appears at film launch

BEREAVEMENT Nine months after the death of their 16-year-old son Jett, John Travolta and Kelly Preston — with their daughter Ella Bleu — made their first public appearance together on Friday to promote their new Disney film Old Dogs, people.com reports.

Walt Disney Studios Chairman Dick Cook introduced the family during a surprise appearance for fans at the D23 Expo in Anaheim, Calif. Travolta led the way on stage, holding Ella's hand, as the family helped Cook introduce the movie. All three appear in the comedy, which marks Ella's big screen debut.

According to the Associated Press, Travolta told the crowd, "I always appreciate the audience's love for me."

While his wife returned to work in recent months to star opposite Miley Cyrus in The Last Song, Travolta has kept out of the public eye, instead flying to various locations alone to privately cope with his grief. Preston was expected to speak in October at the California Governor's Conference for Women on a panel titled Grief & Resilience but she bowed out last month saying it was "just too soon" to discuss Jett's passing. METRO NEWS SERVICES



Surgery led to 'perfect storm': Mischa

TIME TO GET A NEW DENTIST Mischa Barton is finally telling her own side of the story of how she wound up in a psychiatric ward in July. Barton claims the pain from a botched wisdom teeth removal sent her over the edge. "It was sort of one of those things that was like a perfect storm," Barton told Barbara Walters on the View.

"I had so much work to do and the surgery had gone so badly for me. And I think that I was just starting to feel completely overwhelmed. It was just too much to have this surgery go so wrong." METRO WORLD NEWS

Jen and Gerard keep 'em guessing

IDLE SPECULATION Celebrity romance watchers can't figure out if Jennifer Aniston and Gerard Butler are an item or not. Recently, the pair grabbed dinner in Los Angeles — with four other people. "It was not a romantic date, nor did they kiss. They didn't even sit next to each other," a source tells Us magazine. METRO WORLD NEWS

Celebrity tweets

Heidi Montag feels the sonic boom that hit Los Angeles, Tila Tequila calls out her critics, MC Hammer dispenses fashion advice, and Jonathan Ross feels the pangs of loss.

- @heidimontag wow did anyone else feel that blast? I just thought my house was going to collapse!!! my heart is still beating so fast!! whooo
- @OfficialTila yea...people hate on me cuz I have $4 million dollars in the bank and more coming in. My new company has staff who used 2 work 4 bill gates.
- @MCHammer New Rule. Fat out of shape (double-belly) dudes, can't talk bad about Skinny Jeans..LOL It ain't right ya'll !!!
- @wossy Good morning/afternoon everyone. I am an idiot. I lost my iphone yesterday! I know the phone can be replaced, but I had such a LOVELY case!

METRO WORLD NEWS

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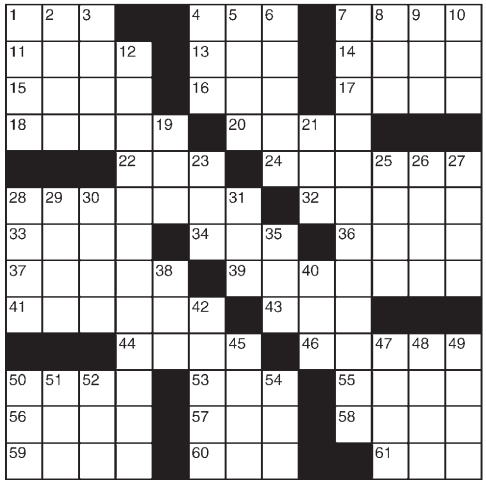

ACROSS

1 Friend
4 Vacationing
7 Fried-eggs side order
11 Newscaster Savareid
13 Winter ailment
14 54-Down, to a biologist
15 Bullets, etc.
16 Pitch
17 Abound
18 Church council
20 Phil Mickelson's game
22 High tennis shot
24 Cheered (for)
28 Remote, unfamiliar territory
32 Fret
33 Taj Mahal city
34 Joan of —
36 Colour quality
37 Sportscaster Musburger
39 Judge
41 Spoof
43 Thither
44 For fear that
46 Lecherous looker
50 Quaker pronoun
53 Exist
55 Tittle
56 Pig's sound
57 Schlep
58 Nip and —
59 Duel tool
60 "Family Guy" daughter
61 Popular article

DOWN

1 Carrots' mates
2 Soldiers
3 Depict
4 Frequently
5 Banner
6 Uproar
7 Running fast
8 "Hail!" in old Rome
9 Take to court
10 "Let me think, ..."
12 1967 Paul Newman movie
19 Buck's mate
21 Depressed
23 Bikini half
25 Jog
26 Sea eagle
27 Colour worker
28 Apprehends
29 Fairy tale baddie
30 Small songbird
31 Historic time
35 Weep
38 Calendar abbr.
40 Greet the villain
42 Song of praise
45 Authentic
47 Lummox
48 Engrave
49 Gather leaves
50 Pirouette pivot
51 With it
52 Inseparable
54 Early bird?

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6		9		4		2	
7			2		3			5
	1			8			7	
		3				2		
1	2						5	8
		5				9		
	5			4			1	
4			7		1			2
	3		6		9		8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	C	T	O	R	■	O	F	A
P	R	O	M	O	■	S	O	P
R	I	P	E	N	■	T	O	P
■	■	I	N	D	E	E	D	■
A	H	A	■	O	V	A	■	H
D	A	R	T	■	A	L	D	E
S	T	Y	R	O	N	■	O	N
■	■	■	E	S	S	A	Y	■
M	A	Y	B	E	■	R	E	M
O	D	I	E	■	D	E	N	I
T	O	P	K	N	O	T	■	D
O	R	E	■	A	S	H	■	S
R	E	S	■	P	E	A	■	T

A	F	B	■	A	■	3	5	4
■	L	E	A	■	■	1	9	2
C	O	A	T	■	■	8	7	6
■	H	O	S	T	■	■	■	■
■	E	F	T	Y	■	4	2	8
■	■	■	■	■	■	9	6	3
O	N	E	T	W	O	6	4	7
■	Y	O	D	A	■	7	5	1
R	E	M	■	P	S	T	■	■
■	■	■	■	■	■	2	8	1
D	I	N	A	R	■	5	6	4
S	T	Y	L	E	■	4	9	2
T	E	M	P	T	■	7	3	9

7	9	2	6	1	8	3	5	4
4	6	8	7	5	3	1	9	2
5	1	3	9	4	2	8	7	6
2	7	4	1	9	5	6	3	8
9	5	1	8	3	6	2	4	7
8	3	6	4	2	7	5	1	9
3	4	9	2	8	1	7	6	5
1	8	7	5	6	4	9	2	3
6	2	5	3	7	9	4	8	1

On the web

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Metro Recipe of the Day

Halibut with Egg Sauce

INGREDIENTS:

4 fresh or frozen and thawed halibut steaks, 1 in. (2.5 cm) thick
1 tbsp (15 ml) butter or margarine, melted
1 tbsp (15 ml) lemon juice
1/2 tsp (2 ml) garlic powder
1/4 tsp (1 ml) salt
1/8 tsp (0.5 ml) black pepper
Egg sauce (see below)

METHOD:

1. Preheat broiler. Rinse fish and pat dry. In small bowl, combine butter, lemon juice, garlic powder, salt, and pepper. 2. Arrange fish on lightly greased rack of broiler pan. Brush fish with half of butter mixture. Broil 5 inches from heat for 5 minutes. Using wide spatula, carefully turn fish over. Brush with remaining butter mixture. Broil 5 to 7 minutes more or until fish flakes when tested with fork. Serve with Egg Sauce.

EGG SAUCE:

In medium-size pot, whisk together 1/2 cup (125 ml) coffee cream, 2 tbsp (25 ml) all-purpose flour, 1/2 tsp (2 ml) dry mustard and 1/8 tsp (0.5 ml) each salt and black pepper. Whisk in 1/2 cup (125 ml) chicken broth. Cook over moderate heat, whisking constantly, 7 minutes or until mixture is thickened and bubbly. Stir in 2 chopped hard-boiled eggs and 1 tbsp (15 ml) minced parsley; heat through.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Others may be impatient for you to commit yourself but if you are smart, you will hold back from getting involved.

TAURUS ♉
APRIL 21-MAY 21
Even your best-laid plans may fall apart at the seams today, so don't expect too much. Try to adopt a relaxed and forgiving attitude.

GEMINI ♊
MAY 22-JUNE 21
Don't worry too much if things don't work out as expected today because it's only a temporary setback. Have more patience with yourself.

CANCER ♋
JUNE 22-JULY 22
No matter how much others may beg you to loosen the purse strings today you must continue to say no.

LEO ♌
JULY 23-AUG 23
Passions will be running high today and there is no telling where they might lead, so think before you speak.

VIRGO ♍
AUG 24-SEPT 22
Temptation will come knocking today and you will have a hard time saying no. The planets warn that if you give in, you may regret it later on.

LIBRA ♎
SEPT 23-OCT 23
You may find it hard to control your emotions today as Jupiter, planet of exaggeration, brings out the jealous side of your nature.

SCORPIO ♏
OCT 24-NOV 22
Certain people are determined to find fault with your efforts and all you can do is sit tight and wait for the storm to blow over.

SAGITTARIUS ♐
NOV 23-DEC 21
Close your ears to gossip and rumour because hardly any of what you hear over the next 24 hours will be true.

CAPRICORN ♑
DEC 22-JAN 20
You may be tempted to get involved in a situation that you know is none of your business. Don't do it!

AQUARIUS ♒
JAN 21-FEB 18
The more others urge you to make changes the more you must resist. Sit tight. Things will get better.

PISCES ♓
FEB 19-MARCH 20
Something you have grown used to will go out of your life today but the fact is it has been taking up more space than it deserves for quite some time.

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